CHOICE RECIPES

Compiled in the interest of
THE PRIMARY DEPARTMENT
of
FIFTH AVENUE PRESBYTERIAN CHURCH

1916

CHOICE RECIPES

> We may live without poetry, music and art;
> We may live without conscience, and live without heart;
> We may live without friends, we may live without books—
> But civilized man cannot live without cooks.
>
> We may live without books—what is knowledge but grieving?
> We may live without hope—what is hope but deceiving?
> We may live without love—what is passion but pining?
> But where is the man who can live without dining?
>
> —Owen Meredith.

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Soups

Cream of Tomato Soup.

One quart milk, 1 bay leaf, 1 teaspoonful sugar, 1 pint canned tomatoes, sprig of parsley, ¼ teaspoonful soda, 3 teaspoonsful butter, blade of mace, 2 spoons Valier's Dainty Flour. Stew tomatoes and seasoning 15 minutes; put milk on in a double boiler; rub butter and flour together, add to milk when boiling and stir until thick. Press tomatoes through seive, and if ready to use the soup add sugar and soda to tomatoes; then add the boiling milk, stir and serve at once.

Soup a la Reine.

One left-over roast chicken, ¾ cup boiled rice, 2 quarts water, ½ cup cream, 1 teaspoon Kingsford's Cornstarch, salt and pepper to taste. Cut all the meat from the carcass of the chicken and chop very fine. Put the bones in the water, and simmer for two hours. Remove the bones and thicken with cornstarch made smooth with a little cold water. Add the chicken and rice, and when very soft rub through a coarst strainer. Bring to the boiling point again, add the cream, and season to taste.

Cream of Celery Soup.

Six stalks of celery, ½ can tomatoes, 1 pint water, 1 pint milk, 2 teaspoons Kingsford's Cornstarch, 1 tablespoon butter, salt and pepper to taste. Cook the celery in the water till soft, mash and strain. Make a sauce of the cornstarch, butter and milk. Add the celery and the tomatoes, heated, with a pinch of soda, and strained. Season. Serve in bouillon cups, with a spoonful of whipped cream on top.

Creamy Green-Pea Soup.

Two cupsful of dried green peas, 2 tablespoonsful of butter, 2 tablespoonsful of onion, 2 tablespoonsful of flour Valier's Dainty flour, 1 tablespoonful iof salt, ¼ teaspoonful of white pepper, 1 tablespoonful of parsley, 1 teaspoonful of thyme, a dash of paprika, 1 cupful of bread croutons. Wash and soak the peas for 24 hours; drain; add three quarts of boiling water, and simmer for at least four hours, or until tender. Mash through a strainer, and return to the fire. Put the butter, or drippings, into a pan; add the finely cut onion, and fry until it is tender; remove, and add Valier's Dainty Flour; stir until smooth, and then add to the strained peas; add the salt, pepper, parsley, thyme, and paprika. Serve with bread croutons.

Cream-of-Rice Soup.

Two cupfuls of milk, ¼ cupful of rice, 1 tablespoonful of butter, 1 tablespoonful of Valier's Dainty Flour, 1 teaspoonful of salt, a dash of pepper, 1 teaspoonful of onion juice, or ½ teaspoonful of grated nutmeg, 1 tablespoonful of parsley, ¼ teaspoonful of curry powder. Wash the rice; put on, with one pint of boiling water, and boil for thirty minutes. Melt the butter in the top of a double boiler, place over the fire and stir in Valier's Dainty Flour, then the milk and, when it boils, the rice and rice water; add the salt, pepper, onion juice, parsley, and the curry powder mixed with a little cold water; boil for three minutes. The curry powder adds very much to the flavor of the soup, but is not necessary.

KNOX GELATINE Improves Soups and Gravies.

Fish and Oysters

Deviled Crabs.

Twelve nice heavy crabs, ½ pint cream, 2 pounds Valier's Dainty Flour, ¼ grated nutmeg, 4 egg yolks boiled hard, 1 tablespoonful each salt, butter, chopped parsley and cayenne to taste. Boil crabs 30 minutes; pick out all the meat, put cream on to boil, rub butter and Valier's Dainty Flour together and add to cream; take from fire when thick and add crab meat, eggs, mashed fine, and seasoning; put in upper shells of crabs, brush over with beaten egg and plunge into hot Cottolene.

Fish Balls.

One pint shredded salt fish, 1 egg, 10 potatoes of medium size, 1 tablespoonful butter, ¼ teaspoonful pepper, ½ teaspoonful salt, Cottolene for frying; sprinkle fish over potatoes, cover with boiling water and cook 30 minutes; mash fine and light, add butter, salt, pepper and egg well beaten; beat 3 minutes, shape the balls and fry.

Creamed Oysters.

Parboil 1 pint solid oysters until edges curl, drain, add to liquor milk to make 1½ cups; melt 2 tablespoonsful butter and cook in it without browning 1 teaspoonful minced onion, 1 tablespoonful minced pepper and 1 tablespoonful minced celery; stir in 2 tablespoonsful Valier's Dainty Flour, add hot liquid, stir til smooth, add oysters, cook a moment longer and serve in pie.

Scalloped Oysters.

One quart of oysters, half a cupful of melted butter two cupsful of crumbs, half a cupful of cream, one tablespoonful of lemon juice, salt and pepper to taste. Drain the liquor from the oysters, and wash them well. Butter a shallow baking dish and sprinkle it half an inch deep with crumbs. Put in half the oysters, and pour over half the melted butter and lemon juice mixed. Then add another layer of crumbs, then the remaining oysters and butter mixture. Lastly cover with crumbs. Dot with pieces of butter; sprinkle with pepper and salt. Strain half a cupful of the liquor, and add it to the cream. Heat, and pour slowly over the oysters. Bake in a brisk oven for twenty minutes. Serve from the dish.

Creamed Codfish.

Two cupsful of salt codfish, seasoning, eggs, bread crumbs, 1 tablespoonful of butter, 1 tablespoonful of Valier's Dainty Flour, 1 pint of milk. Shred the fish, and put it into a saucepan with hot water. Let it stand in a hot place on the stove, but not boil, for 15 minutes, or until it is tender and not too salt. Pour the water off, but save it. Add to the fish a spoonful of butter. Let cool in the butter for five minutes, and add a pint of milk. If it needs more salt, add some of the water the fish was cooked in. Thicken in the usual way with one tablespoonful of Valier's Dainty Flour and the milk stirred together. Now add a dash of cayenne pepper and a little black pepper. Half fill some ramekins, and break into each an egg with a piece of butter and some paprika, and cover with the bread crumbs. Put in the oven until the eggs are set. Garnish with a piece of crisp bacon.

Use KNOX GELATINE if you would be sure of results.

Salmon en Surprise.

Moisten a cupful of flaked salmon with drawn-butter sauce; add a pinch of minced parsley, and one hard-cooked egg chopped fine. Line individual buttered molds with nicely seasoned mashed potato; fill the centers with the fish mixture, and cover with a layer of potato. Turn out carefully roll in egg and sifted bread crumbs, and fry golden brown. Garnish with hard-cooked egg and sprigs of parsley.

Baked Codfish.

Four cupsful of mashed potatoes, 1 cupful of shredded salt codfish, 2 tablespoonsful of grated onions, 1 tablespoonful of chopped or dried parsley, 1 tablespoonful of butter, ¼ cupful of milk. Rinse the codfish with cold water; put into a saucepan, cover with boiling water, and let stand for twenty minutes. Drain and add to the hot mashed potatoes; add the onion, parsley and butter; beat with an egg beater. If too dry add just enough milk to hold together. Brush a Turk's head (tube pan) with a little butter, put in the mixture, smooth the top, and brush it with milk; bake in a hot oven for 30 minutes, or until nice and brown. Bacon drippings may be used in place of butter in many cases. It adds to the flavor.

Broiled Mackerel.

Clean two mackerel, cutting off the heads and fins. Then split them in two and remove the bones. Mix two tablespoonsful of olive oil, two tablespoonsful of lemon juice, a little salt and pepper, one teasponful of chopped parsley and one tablespoonful of chopped onion, and soak the mackerel in this mixture for an hour, turning them occasionally. Place them on a well-greased broiler; cook for ten minutes on the split side, and then for four minutes on the skin side. When the fish is cooked sufficiently lay it on a very hot dish and garnish with watercress or parsley. Serve with maitre d'hotel butter. To make the butter put two tablespoonsful of butter on a plate; mix it with one teaspoonful of very finely chopped and fresh green parsley and one teaspoonful of lemon juice. Form it into a neat pat and set in a cool place until wanted.

Deviled Crabs.

Plunge the crabs into boiling water containing a tablespoonful of salt and a little vinegar to each two quarts. Boil for from ten to fifteen minutes, or until they turn red; then cool, and remove the spongy substance and the small piece at the lower part of the shell, which is called the "apron." Pick from the shell the meat which remains, and to each cupful of crab meat allow two tablespoonsful of melted butter, two tablespoonsful of bread crumbs, yolks of on or two eggs, a teaspoonful of minced parsley, half a teaspoonful of lemon juice, and salt and pepper to taste. If it seems dry moisten with a little milk or chicken stock. In the meantime wash the shells, trim into shape and heap with the mixture. Sprinkle with dry bread crumbs mixed with a little melted butter, and brown in a moderate oven.

KNOX GELATINE IS GUARANTEED to please or money back.

KNOX GELATINE makes Desserts, Salads, Candies, Puddings, Ices, etc.

Fish Cutlets.

Two cupsful of chopped lobster, crab meat, salmon, tuna fish or prepared fish flakes, half a teaspoonful of salt, a little cayenne pepper, a few grains of mace, one teaspoonful of lemon juice, one egg yolk, one teaspoonful of minced parsley, three-quarters of a cupful of milk, four tablespoonsful of butter or butterine, and five tablespoonsful of Valier's Dainty Flour. Put the ingredients together as in the recipe for chicken or ham croquettes. When thoroughly chilled form into cutlet or chop shape, and egg, crumb and fry as directed.

Fish Salad.

Three cupsful of flaked salmon, tuna fish or shrimp meat, one cupful of finely shaved cabbage or minced celery, one finely chopped green pepper, sour-cream salad dressing, and lettuce or water cress. Dress the cabbage with plain French dressing; add to it the fish, with enough cream dressing to moisten thoroughly; arrange in a wreath of salad green studded with radish roses; pour over a little extra dressing and sprinkle with the pepper.

Creamed Fish With Eggs.

Remnants of cold cooked fish, or dried codfish which has been freshened in cold water, may be used for this appetizing dish. Flake sufficient fish to make a pint, season to taste, and moisten well with cream sauce made in the proportion of a tablespoonful each of Valier's Dainty Flour, and butter to a cupful of hot milk. Put the mixture in the oven, heat it thoroughly, pour around a mound of scrambled eggs, and serve at once decorated with a garnish of toast points and parsley.

Poultry, Meats and Sauces

Barbecue Roast—(5 or 6 Pounds).

One cup of vinegar, 1 kitchen spoonful of butter, 1 teaspoonful black pepper, 1 teaspoonful of salt, ½ teaspoonful of mustard.

Chicken With Mushrooms.

One and one-half cupsful of cold cooked chicken, cut in dice, one cupful of white sauce, 1-8 teaspoonful of celery salt and ¼ cupful of mushrooms cut in slices. Heat the chicken dice in the sauce, to which the celery salt has been added, then add mushrooms.

White Sauce.

Two tablespoons of butter, 3 tablespoonsful of Valier's Dainty Flour, 1 cupful of milk, ¼ teaspoonful salt, and pepper. Put butter in saucepan, stir until melted and bubbling; add flour mixed with seasonings, and stir until blended. Pour on gradually the milk, adding about 1-3 at a time, stirring until well mixed, then beat until smooth.

Pressed Chicken.

Stew in just enough water to cover them. When nearly cooked, season them well with salt and pepper. Let them stew down until the water is nearly all boiled out, and the meat drops easily from the bones. Remove the bones and gristle; chop the meat rather coarsely, then turn it back into the stew-kettle, where the broth was left (after skimming off all fat), and let it heat through again. Turn it into a square bread-pan, placing a platter on the top ,and a heavy weight on the platter. This, if properly prepred, will turn out like a mold of jelly and may be sliced in smooth, even slices. The success of this depends upon not having too much water; it will not jelly if too weak, or if the water is allowed to boil away entirely while cooking. A good way to cook old fowls.

Chicken and Macaroni

Boil a chicken until very tender, take out all the bones, and pick up the meat quite fine. Boil half a pound of macaroni until tender, first breaking it up to pieces an inch long. Butter a deep pudding-dish, put on the bottom a layer of the cooked maccaroni, then a layer of the minced chicken, bits of butter, pepper and salt, then some of the chicken liquor, over this put another layer of maccaroni, and so on, until the dish is filled. Pour a cup of cream over the whole, and bake half an hour. Serve on a platter.

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Chicken Croquettes.

One pint cold cooked chicken, one teaspoonful onion juince, one-half pint milk, one teaspoonful salt, one-fourth teaspoonful nutmeg, one heaping tablespoonful butter, one-half teaspoonful pepper, two tablespoonsful Valier's Dainty Flour, beaten eggs, cracker curmbs, lard. Chop the meat very fine. Heat the milk in a double boiler. Cream the butter, and flour, and add it to the milk, then add the onion juice and seasonings. Cook until you have a thick sauce. Pour this over the chopped chicken, and mix thoroughly, then let it cool, and form into shapes. Flour lightly, dip shapes into the beaten eggs, roll in cracker crumbs, and fry in deep fat.

Spaghetti With Chicken or Meat.

A tablespoonful of Cottolene into a frying pan, and when hot put in one chicken or a pound of meat cut in small pieces. Let this cook for about five minutes, then put in a large onion and a clove or garlic cut fine, frying to a light brown. Next add one can of strained tomatoes, season with salt, pepper and a teaspoonful of sugar. Let all cook until chicken or meat is tender. In the meantime cook 1 pound of Eagle brand spaghetti by putting on boiling salted water and cook 15 minutes. Drain and lay on a large platter, pour the sauce over and sprinkle with grated cheese. This quantity is sufficient for five or six persons.

Chicken Pot-Pie.

Cut up your chicken and put on with plenty of water to boil. Salt and pepper and butter the size of an egg. Take 1½ cups boiling stock to make pastry. Cut portions, drop in with the chicken, and boil 20 minutes.

Chicken Jelly.

One good-sized chicken, 1 teaspoonful of lemon juice, 1 bunch of herbs, 1 egg, 1 teaspoonful of chopped parsley, 1 tablespoonful of Knox gelatine, a few pistachio nuts and almonds, 3 tablespoonsful of warm water, a few stoned olives and some capers, salt, paprika and celery salt to taste, slices of cold cooked ham or tongue. Choose a good-sized chicken and put it over the fire in cold water with the herbs. Bring slowly to the boiling point, then simmer slowly until the meat is tender. Take it from the fire and let it get cold in the liquor. Cut the meat from the bones and slice it neatly. Reject the skin and gristle. Boil the liquor down to one quart, strain and return it to the fire, with the white and the shell of the egg. Boil up once, remove the scum, add the gelatine dissolved in the warm water, then remove from the fire, and strain. Season to taste with salt, paprika, celery salt, parsley, and lemon juice. Wet a plain mold, pour in a little of the jelly, arrange a layer of chicken, then add more jelly. When this is firm put on a layer of the ham or tongue, a layer of jelly, then a layer of chicken again. In the crevices between the meat place blanched almonds cut in strips, some blanched and chopped pistachio nuts, a few olives sliced and a few capers. Make this the day before, and keep it on ice. Serve on a platter garnished with nasturtium leaves and blossoms, with halves of almonds and slices of olives, or with parsley, olives and almonds.

FOUR PINTS of jelly in each package of **KNOX GELATINE.**

Macaroni and Chicken Loaf.

Pick over and chop left-over cold cooked chicken and season it highly with salt, white pepper, powdered sage and chopped onion. Chop two-thirds the quantity of cooked macaroni and arrange in alternate layers in a buttered baking-dish. Moisten with chicken stock or gravy, and bake in a moderate oven for twenty-five minutes or until firm. Turn out on to a hot platter, garnish with watercress and sliced lemon. Serve with either giblet gravy or white sauce.

Mock Duck.

A nice round steak, 5 thick slices of bread, 5 cold boiled potatoes, ½ cup of chopped celery, 2 tablespoonsful of butter, 1 large onion, 2 eggs and a teaspoonful of chopped parsley. Soak the bread and squeeze out the water, add the onion which has been browned in the butter, the celery, the potatoes cut into dice, eggs and parsley, mix thoroughly, season to taste, and if too dry a little milk. Spread the stuffing over the steak, roll and tie; sear the outside in a smoking hot pan, place in a moderate oven. Baste from time to time until tender, place on a serving dish, pour over the thickened gravy and garnish with parsley.

Pot Roast of Beef.

Select any cut of meat. Into a hot pot put a spoonful of fat. Put roast in and let it brown on both sides, then pour over it a cup of boiling water. Let boil down entirely or until roast begins to fry. Add more boiling water and a splendid brown rises over the meat. When half done, salt and pepper. Make a slit near the center and insert a section of garlic and ½ of bay leaf. When done remove roast. Let water cook out. Pour in one pint boiling water and thicken with two tablespoons Valier's Dainty Flour.

Beef Loaf.

One pound round steak, 1 pound lean pork, 1 cup cracker or bread crumbs, 1 small can of tomatoes, 2 eggs, salt and pepper to taste. Have meat ground and mix all together except the tomatoes, which pour over the loaf with a little boiling water and bake in oven.

Beef Roll.

One large thick slice of round steak; make a dressing of bread crumbs, 1 spoonful of butter, 1 of finely chopped onions; season with salt, pepper and sage; spread on the steak, roll and tie securely and bake one hour.

A Meat Substitute.

One cupful of rice, ½ cupful of butter, 1 green pepper, 1 small onion, 1 pint of tomatoes, salt and pepper to taste. Wash the rice and cook until tender in plenty of boiling salted water. Remove the seeds and membranes from the pepper, then chop and add it to the rice with the tomatoes, butter, salt and pepper. Pour into a buttered baking-dish and bake in a moderate oven for twenty minutes.

KNOX ACIDULATED GELATINE saves the cost, time and bother of squeezing lemons.

Planked Steak.

Have a one-and-a-half-in-thick steak neatly trimmed, put it on the broiler; broil for five minutes on one side, then turn and broil it for five minutes on the other side. Make the planking board very hot while the steak is broiling. Butter the plank, place the steak on it, and bake in a hot oven until the steak is almost cooked. Take from the oven and garnish the board with mashed potatoes, forced through a star tube, stuffed tomatoes, cooked peas and boiled onions. Dust the steak lightly with salt and pepper, and return to the oven for a few minutes. Then remove it and place the plank on a large tray or platter. Serve the steak at once.

Ham Loaf.

Three cupsful of finely minced cooked ham, one small onion, three sprigs of parsley, one tablespoonful of prepared mustard, and two eggs. Put the ham, onion and parsley through the food chopper together; add the mustard and the eggs slightly beaten, pack into a well-greased bread pan, and cook in a moderate oven for forty-five minutes. Serve hot or cold. Garnish with chopped egg white and capers, and serve each portion with salad dressing in green pepper cups, and with a further garnish of tomato jelly on each plate.

Planked Chops.

Broil some thick chops on one side and arrange them crosswise, overlapping each other, on a hot buttered plank. Season with salt, pepper and melted butter. Cook in the oven for twenty minutes, basting with hot fat. Decorate with mashed potatoes, canned asparagus tips and parsley. Return to the oven for a few minutes. Serve at once with brown sauce.

Chicken or Ham Croquettes.

Four tablespoonsful of butter or butterine, five tablespoonsful of Valier's Dainty Flour, three-quarters of a cupful of milk, one cupful and a half of minced chicken or ham, one egg yolk, one teaspoonful of lemon juice, and salt, paprika and celery salt to taste. Melt the butter; add the flour, and gradually add the milk. When very thick stir in the chicken or ham, and season; then add the egg yolk, and chill. Mix the remaining egg white with a quarter of a cupful of cold water, beating as little os possible. Take up a tablespoonful of the mixture, roll lightly in finely ground crumbs, then in the egg, then in the crumbs again, and let stand to become firm. Fry in deep fat hot enough to brown a bit of bread in forty seconds, and drain thoroughly on brown paper.

Pressed Beef.

Five pounds of "sticking piece" of beef, one tablespoonful of vinegar, two teaspoonsful of salt, a quarter of a teaspoonful of pepper, one teaspoonful of onion juice, and boiling water nearly to cover. Simmer the meat gently in the water and salt until it is tender; cool, remove the cartilage and chop the meat fine. Boil down the stock to one cupful; add the remaining seasonings, combine with the meat, and pack into two bread tins rinsed with cold water. Weight and chill. Serve with a sauce.

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Beef Casserole.

To make a small quantity of beef into a casserole for a hungry family it may be combined with lima beans. Soak a pint of dried lima beans overnight. Prepare as usual, and drain. Then cut a pound of chuck beef into inch cubes, brown with three sliced onions in two tablespoonsful of beef fat, and stir in two tablespoonsful of Valier's Dainty Flour, one teaspoonful and a half of salt, a dash of mace and a little pepper. Place alternately in layers with the beans in the casserole, spreading two cupsful of stewed tomatoes between the layers. Barely cover with boiling water and cook for three hours in a slow oven, replenishing the water as necessary to keep the casserole moist but not too liquid.

Veal Loaf.

One pound and a half of ground veal, a third of a cupful of soft bread crumbs, six tablespoonsful of hot milk, one egg, one teaspoonful of salt, an eighth of a teaspoonful of pepper, a dash of mace, one teaspoonful of onion juice, and one tablespoonful of minced parsley. Cook the crumbs and the milk to a paste; add to the other ingredients combined, mix well, pack into a well-oiled tin, and bake in a moderate oven for about fifty minutes.

Casserole of Rice and Meat.

One cupful of hot steamed rice, 2 cupsful of chopped meat, salt, pepper and red pepper to taste, celery salt to taste, onion juice and lemon juice to taste, 1 beaten egg, 1 cupful of bread crumbs, hot stock, parsley, tomato sauce. Line a well-buttered mold with one cupful of well-steamed rice; add the seasonings to the meat with the egg, the bread crumbs and sufficient stock to bind them together. Turn into the prepared mold, and cover with rice. Cover with a buttered lid, and bake in a moderate oven for 45 minutes. Turn out on a hot platter, and garnish with parsley. Serve with tomato sauce.

Baked Apples With Sausage Filling.

Baked apples with sausage filling make an appetizing luncheon dish. Core the necessary number of tart apples, fill the cavities with well-seasoned sausage meat, and bake in a moderate oven until tender. Arrange the apples on rounds of toast, pour a spoonful of melted butter over each, and serve very hot with a garnish of fried sausages and parsley.

Tomato Sauce.

Melt 2 tablespoonsful of butter, add 2 of Valier's Dainty Flour, and one cup of strained tomato, also slice of onion, small bay leaf, 1 teaspoonful of salt, speck pepper, a little kitchen bouquet, 2 cloves and a bit of mace. Simmer 15 minutes, strain and serve.

Mexican Chili.

Cut two slices of fat pork into dice, put into a kettle and fry it out; add one pound of lean beef chopped, put in 1 quart of cold water and let cook slowly for one and one half hours. Run through a meat chopper three good sized potatoes, one large onion and one-half can of tomatoes and add these to the meat; salt to taste, and one teaspoonful of Chili powder may be added. Cook for 40 minutes, add water as needed, always hot; stir often, as it may stick to the bottom of the pot. Add brown beans if liked. This is fine; it makes nearly a gallon.

KNOX GELATINE is measured ready for use—each package is divided into two envelopes.

Eggs

Omelette.

Omelettes are of two classes: the French and the puffy. There are many variations, but all belong to one of the two classes. The number of yolks should exceed the number of whites in an omelette. If this rule is observed they will be more tender and of a looser texture.

Poached Eggs a la Kingsford.

Poach eggs in hot, salted water, place on platter and cover with sauce made as follows: ½ cup rich milk, ½ tablespoon Kingsford's Cornstarch, 1 tablespoon butter, salt and pepper to taste. Combine as white sauce. May be served on toast if desired.

Eggs With Cream Dressing.

Two tablespoonsful butter, 1 teaspoonful salt, 3 tablespoonsful Valier's Dainty Flour, few grains pepper, 1½ cups milk, 3 hard boiled eggs. Blend butter and flour. Place on the range and stir until butter is melted. Add milk, stirring all the time till mixture is thick. Add salt and pepper. Separate the whites of the eggs from the yolks. Chop the whites fine and add to the dressing. Arrange slices of toast on a hot platter, pour the dressing over them; force the yolks through a ricer on to the toast and dressing; serve hot.

Steamed Eggs.

Butter some small timbale molds or tiny cups, and sprinkle each with chopped parsley. Next break an egg carefully into each mold. Place these molds in a saucepan with boiling water to come halfway up; lay a piece of buttered paper across the top, put the lid on the pan, and let the eggs steam until they are set. Cut tomatoes into halves, put these on a tin, with a tiny piece of butter on each, place them in the oven, and bake them until tender. Place half a tomato on a round of hot buttered toast, then slip an egg carefully on the tomato. Arrange the pieces on a hot dish and serve.

Omelet With Bacon Curls.

Four eggs, ¼ pound of thinly sliced bacon, 2 tablespoonsful of cold milk, ½ teaspoonful of salt. Fry the bacon quickly in a small frying pan; remove the bacon from the pan, also part of the dripping; separate the eggs, and beat the yolks until light; add the milk and salt; beat the whites of the eggs until they are dry; add to the yolks, and stir lightly; pour into the pan in which the bacon was fried, and cook over a slow fire; with a knife or a spatula raise the edges. Put pan into a hot oven or cover it with a lid or tin pie plate so the eggs will cook.

Madrid Eggs.

Half a cupful of well-boiled rice, six fresh eggs, half a cupful of brown sauce, one tablespoonful of lemon juice, one tablespoonful of butter, and salt, pepper and one tablespoonful of chopped parsley. Melt the butter in a saucepan; add to it the boiled rice while it is still hot, mix it well in, and season it carefully with the salt and pepper. Make this rice into a neat bed on a hot dish. Poach the eggs carefully in boiling water to which the lemon juice has been added, and when they are sufficiently set lift them out, trim them neatly and arrange them on the rice; sprinkle with the chopped parsley, and pour around the hot sauce. Serve hot.

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Cheese

Cheese Straws.

One-fourth pound cheese, ¼ pound Cottolene, 1 egg, salt; grate the cheese and work in Valier's Dainty Flour to stiff dough; cut in short, narrow strips and bake in hot oven to a delicate brown.

Cheese Balls.

One and one-half cup grated cheese, 3 whites of eggs, ¼ teaspoon salt, ¼ teaspoon pepper; mix grated cheese with salt and pepper, then add the whites of the eggs beaten stiff. Shape in small round balls, roll in sifted cracker crumbs and fry in deep hot fat to a delicate brown color. Drain on soft paper and serve at once.

Cheese Fondu.

Scald one cup of milk and add one and one-half cups of crumbs from center of a stale loaf, also a tablespoon of butter, three-fourths cup of grated cheese, and seasoning of paprika and a little salt. Beat five egg yolks well and mix in thoroughly, let cool slightly and then add stiff whites of eggs gently. Bake in very moderate oven about half an hour, increasing heat at the last to brown the top.

Rice and Cheese.

One-half cupful of rice (¼ pound), ½ cupful of grated American cheese (2 ounces), 1 cupful of milk, 2 tablespoonsful of butter, 2 tablespoonsful of Valier's Dainty Flour, 1 teaspoonful of salt, 1 tablespoonful of parsley. Wash and boil the rice in two quarts of rapidly boiling unsalted water; boil for thirty minutes; drain, sprinkle with half a teaspoonful of salt; put into a bowl, press firm, set in the oven for a few minutes; turn out on a deep plate, and cover with sauce; dust with paprika and sprinkle with parsley. To make the sauce melt the butter in a saucepan; add the flour, and mix until smooth; then add the cold milk slowly, and boil until thick and smooth. Remove from the fire and add the cheese; stir until the cheese is dissolved; add half a teaspoonful of salt.

Cheese Souffle.

One teaspoonful of salt, 2½ cupsfuls of milk, 7 tablesspoonsful of butter (scant ½ cupful(, whites of 7 eggs, 7 tablespoonsful of Valier's Dainty Flour (scant ½ cupful), yokes of 7 eggs, 1¾ cupsful of grated cheese. Make a thick white sauce of the milk, butter, flour and salt; add the cheese, and stir until melted; cook slightly, and add the yolk of the eggs. Beat the whites stiff and dry and fold into the mixture. Turn into a buttered baking dish, set in a pan of water, and bake in a slow oven until the souffle is firm when pressed with a teaspoon. Serve at once.

Cheese and Tomato Souffle.

Two one-half cupsful of tomato puree, 7½ tablesspoonsful of butter, 1 teaspoonful of salt, 7½ tablespoonsful of Valier's Dainty Flour, 2½ cupsful of grated cheese, 7 eggs. Cook in a double boiler for twenty minutes; add the grated cheese, and stir until melted. When cooled, add the well-beaten yolk of the eggs; then fold in the stiffly beaten whites. Bake in slow oven in a pan of water for an hour and a quarter.

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Salad and Salad Dressing

Rules for Making Salads.

Some of the things to remember when you are going to make salad are:

First—Have everything cold.

Second—For fruit salad cut the fruit up and let it stand in a sieve over a bowl for an hour or more, as the juice will drain off and not thin the dressing. You can save the juice for lemonade or fruit gelatine.

Third—Never serve a heavy oil mayonnaise salad after a big dinner, or a very rich lunch. These salads are better as the main course at a luncheon or to serve with sandwiches in the evenings.

Fourth—Have something crisp in the salad. Green peppers, radishes, celery, cucumbers, onions, apples cut up fine, are all nice to mix with the softer meats, fruits and vegetables.

Fifth—Cut everything for a salad about the same size.

Sixth—Mix most salads with the dressing just before you are ready to serve them.

Perfection Salad.

One envelope Knox Sparkling Gelatine, ½ cup cold water, ½ cup mild vinegar, 1 pint boiling water, 1 teaspoonful salt, 1 cup finely shredded cabbage, juice of one lemon, ½ cup sugar, 2 cups celery cut in small pieces, ¼ can sweet red peppers, finely cut. Soak the gelatine in cold water five minutes; add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when beginning to set add remaining ingredients. Turn into a mold and chill. Serve on lettuce or endive leaves with mayonnaise dressing, or cut in dice and serve in cases made of red or green peppers, or the mixture may be shaped in molds lined with pimentos. A delicious accompaniment to cold sliced chicken or veal.

Neufchatel Cheese and Celery Salad.

One stalk of celery, 2 neufchatel cheeses, 1 teanspoonful salt, ¼ teaspoonful of paprika, 2 tablespoonsful of finely cut celery tops, lettuce leaves. Separate the celery; lay it in cold water for five minutes, then dry it on a piece of cheesecloth. While the celery is in the cold water mix the cheese and the salt, and, if dry, add a little milk. Fill the hollow part of the celery with the mixture; dust with paprika, and roll it into the finely cut celery top. Cut into inch pieces and put on the lettuce leaves. Serve wih French dressing.

Pineapple and Raisin Salad.

Two cupsful of shredded pineapple, 1 cupful of seeded raisins, 2 cupsful of shredded lettuce. Wash and pare the pineapple and pick it with a silver fork. Wash and dry the raisins; mix them with the pineapple, and place on the shredded lettuce. Serve with olive oil and lemon juice, two parts of oil to one part of lemon juice. A slice of preserved pineapple may be placed on the lettuce with a few raisins on the top of each slice.

Olive and Shrimp Salad.

Two cupsful of shrimps are mixed with two cupsful of stuffed olives and seasoned with celery salt and paprika. The salad bowl is lined with lettuce or endive, and the salad served with mayonnaise dressing. Decorate with endive.

KNOX ACIDULATED GELATINE—no bother—no trouble—no squeezing lemons.

Try the KNOX GELATINE recipes found in this book.

Water Lily Salad.

Boil egg until it is hard; peel and cut half into, remove the yolk and mix with a cooked dressing until it is the consistency of thick paste, cut each half of the white of the eggs lengthwise in three pieces. Place the dressed yolk in the center of salad plate with a stuffed olive on top and arrange white of egg around this to look like water lily, nasturtium leaf will do for lily leaf.

Tomato Aspic.

Take one quart can of tomatoes; season with salt, pepper, bay leaf, cloves, with heads taken out and cook for 20 minutes; soak 1 box of Knox Gelatine in a little water and pour mixture after cooked through a sieve into the gelatine; set to cool. When this begins to cool add the breast of one chicken cut fine 3 pimento peppers, 1 stalk of celery cut fine. Put all in round mould; serve asparagus tips in center with mayonnaise dressing.

Pear Salad.

This "goes right to the spot" when served at the light Christmas supper following the hearty dinner. Thoroughly chill home-canned pears, and arrange them on lettuce leaves in flower effect. Fill the core cavity in each section with a mixture of finely chopped nuts and candied ginger, and serve with mayonnaise made without mustard and mixed with a little whipped cream.

Nut-Filled Cheese Salad.

Drain, wash and dry one can of pimentoes, then cut them into long shreds. Mash two cream cheeses with two teaspoonsful of cream and 3 tablespoonsful of ground almonds, and salt and paprika to taste. Chill, and roll into balls. Arrange some crisp lettuce leaves on salad plates, then place some of the shredded pimento in the center; add three of the cheese balls, pour French dressing over. Add paprika and serve.

Apple, Date and Nut Salad.

Two cupsful of sour apples, 1 cupful of stoned dates, ½ cupful of English walnuts, ½ cupful of French dressing 2 cupsfuls of shredded lettuce, 1 large red sour apple. Wash, pare and cut the apples into fine slices; remove the stones from the dates, cut each date into two slices (lengthwise), and add to the apples. The nuts are broken (not chopped) and added to the apples and dates. Mix all well together; line a salad bowl with shredded lettuce; put the salad in the center. and cover it with French dressing; wash and polish the red apple; cut it into eighths, and garnish the salad around the edge with the red side out.

Pineapple and Cherry Salad.

To one pineapple, cut in pieces, add one-fourth as much finely cut endive or lettuce and one cupful of stoned cherries. Decorate with nuts and cherries. White mayonnaise is delicious with this.

KNOX GELATINE is economical—FOUR PINTS in each package.

Tomato Jell-O Salad.

Cook one-half can of tomatoes with a small onion cut in pieces and half a bay leaf until the onion is soft. Rub through a sieve. Add the juice of one lemon, enough water to make a pint, a little red pepper, and salt to taste. Heat to the boiling point and then dissolve a package of strawberry Jell-O in it. Pour into individual moulds and when set serve on lettuce leaves with salad dressing—or, jell in a border mould and turn out on a platter and fill the center with chicken or celery salad. Be sure to use Jell-O with the name Jell-O in big, red letters on the package.

Tomato and Nut Salad.

Scoop out the centers of the tomatoes ;refill yith canned cherries stuffed with nuts, and cover with mayonnaise or French dressing. Place a ball of cream cheese on top, and serve on crisp lettuce leaves.

Mayonnaise Dressing

One egg yolk, ¾ cup olive oil, juice of ½ lemon, salt and cayenne. Have your mixing bowl (soup plate is best), fork and all ingredients quite cold. To the egg yolk add alternately olive oil and lemon juice, drop at a time, stirring all the time. Do not beat. Lastly, add salt and cayenne. A few spoons of whipped cream added when you are ready to serve is an addition.

Boiled Salad Dressing.

Valier's Dainty Flour 2 tablespoonsful, sugar 2 tablespoonsful, mustard ½ teaspoonful, salt ½ teaspoonful. Mix above together, then add the yolks of 3 eggs. Beat till light. Put in 1 cup vinegar, ½ cup water. When vinegar boils stir in your mixture and add butter size of walnut. After taking from fire stir in ½ cup cream or more if needed.

Dressing for Fruit Salads.

One pint cream whipped stiff; juice of 2 lemons, ½ teaspoonful mustard, 2-3 cup sugar; mix all together. Excellent on a salad made of grape fruit, white grapes, oranges, bananas and maraschino cherries.

Boiled Dressing.

One-half tablespoon salt, 2 teaspoons tapered mustard, 1 teaspoon sugar, few grains cayenne, ½ tablespoon Valier's Dainty Flour, 1½ tablespoonsful melted butter, ¾ cup milk, ¼ cup vinegar. Mix dry ingredients, add mustard, yolks of eggs slightly beaten, butter, milk and vinegar very slowly. Cook over boiling water until mixture thickens, strain and cool.

Mayonnaise Dressing Without Oil.

Yolks of 4 eggs, half teaspoonful mustard, teaspoonful sugar, teaspoonful of Valier's Dainty Flour, a sift of cayenne pepper, piece of butter the size of an egg, a cup of milk or cream, one-half cup of vinegar. Be careful to mix in the exact order as above. Stir over the fire until as thick as cream.

Coleslaw.

Four cupsful of finely cut cabbage, 1 teaspoonful of dry mustard, 1 teaspoonful of salt, 1 tablespoonful of sugar, 4 tablespoonsful of vinegar, 2 tablespoonsful of olive oil or 1 tablespoonful of butter, 1 egg.

Dressing for Cold Slaw.

Mix one rounded tablespoonful sugar, ½ level teaspoonful each of salt and mustard, ¼ teaspoonful pepper and 1 level teaspoon Valier's Dainty Flour; melt 1 level tablespoon butter; stir in dry mixture and add gradually ½ cup of hot vinegar. When thick and smooth, add quickly 1 beaten egg, cook 1 minute and pour hot over 1 pint shared cabbage.

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Bread and Rolls

Salt Rising Bread.

Scald one cup sweet milk, do not boil. Set off of fire, stir in enough meal to make light mush. Shut this up in a covered vessel and set in vessel of warm water. If it keeps warm all night it will rise by morning. If it has not risen, stir it, heat the water around it and keep it warm until it does rise. Add two cups of warm water and stir in Valier's Dainty Flour enough to make a batter. Have this batter in large vessel as it must rise as much again. Keep this in water that is almost hot. When it has risen, put in a handful of sugar, salt, 1 tablespoon of Cottolene, and work in as much flour as the yeast will take up. Put in the pan you expect to bake in and let it rise as much again. It is now ready to bake.

Boston Brown Bread.

Two cups meal, 1 cup Valier's Dainty Flour, 1 cup Velva molasses, 1 cup buttermilk, 2 eggs, 1 teaspoon soda, ½ teaspoon salt. Put in greased vessel and boil three hours.

Light Bread.

Into four quarts of Valier's Dainty Flour put 1 tablespoon of salt, and ½ cup sugar. Dissolve 2 Fleischmann yeast cakes in a cup of luke warm water. Add lard size of an egg. Scald 1 quart buttermilk with one pint boiling water. Let cool until pleasant to the hand. Mix all these and knead dough 15 minutes. The kneading determines the grain of your bread. Let rise in a greased vessel for 3½ hours or until light, when put in your baking pan half the size you desire your loaf. Let rise 40 minutes. When done grease and wrap in cloth.

Baking Powder Biscuits.

Two cups Valier's Dainty Flour, 2 teaspoonsful Royal Baking Powder, 1 teaspoonful salt, 1 cup milk and water (half each), 1 tablespoonful butter, 1 tablespoonful Cottolene. Sift the flour, saft and baking powder together twice. Cream butter and lard together, and add it to the dry ingredients, using the tips of your fingers. Then add the liquid, mixing with a knife, until you have a very soft dough. Place on your mixing board. Pat out lightly until three-fourths of an inch thick. Cut out and bake in a hot oven for fifteen minutes.

Flour Muffins.

Three cups Valier's Dainty Flour, 2 teaspoons Royal Baking Powder, 1 teaspoonful salt, 1 egg, 1 pint sweet milk, 2 tablespoons melted butter or Cottolene. Sift together flour, baking powder and salt, add egg well beaten, milk and melted butter. Beat thoroughly and bake in hot, greased muffin tins.

Nut Bread.

Three cups Valier's Dainty Flour, 3 level teaspoons Royal Baking Powder, 1 spoon salt, ½ cup sugar (scant), 3-4 cup chopped nuts. Mix all dry; add ¾ cup sweet milk and 1 egg beaten light. Let stand 15 minutes and bake 40 minutes.

KNOX GELATINE makes a transparent, tender, quivering jelly.

Send for the KNOX GELATINE recipe book.

Parkerhouse Rolls.

One cupful of milk, scalded and cooled, 1 cake of compressed yeast or ½ cupful of liquid yeast, ¼ cupful of lukewarm water, 2 tablespoonsful of butter, 2 tablespoonsful of sugar, 1½ teaspoonsful of salt, Valier's Dainty Flour. Dissolve the yeast in water; melt the butter in scalded milk; combine all the ingredients except the flour. Add the flour gradually, beating vigorously until no more flour can be beaten in. Cover, and allow to rise until it is three times the original bulk. Roll out half an inch thick, cut, spread one side with butter and fold over. Put into buttered tins to rise, placing about an inch apart. Butter the tops bake, when light, in a hot oven for fifteen or twenty minutes.

English Tea Biscuits.

Four cups Valier's Dainty Flour, 4 level teaspoons Royal Baking Powder 1 teaspoon salt, 2 tablespoons butter or crisco, 1 cup mashed potatoes, 1 cup milk. Boil and mash potatoes, having them free from lumps. Sift the flour, salt and baking powder, add potatoes and rub in crisco or butter. Mix to a light dough with egg and milk; roll out a little thinner than ordinary biscuits and bake in hot oven. Serve hot. Use potatoes while warm.

Soda Biscuits.

One quart Valier's Dainty Flour, 1 teaspoon soda, 1 teaspoon salt, 3 level teaspoons Royal Baking Powder, 1 kitchen spoon Cottolene, 1 cup sour milk. Sift soda, salt and flour, mix in lightly the Cottolene. Make into soft dough with milk. Knead smooth, roll out, cut and bake quickly. Leave piece of dough, size of biscuit, put into one cup sour milk, let stand until next time, and use in making up the dough. This makes lovely light biscuits.

Beaten Biscuit No. 2.

One quart Valier's Dainty Flour, ½ teaspoonful Royal Baking Powder, 1 level teaspoon salt, lard size of goose egg. Two-thirds cup of milk and water, half of each with one teaspoon of sugar dissolved in milk; have dough very stiff. Beat or roll until it blisters.

Waffles.

One pint milk, 2 eggs, 1½ tablespoon butter, 1 small teaspoon salt, 2 teaspoons Royal Baking Powder, thoroughly sifted in Valier's Dainty Four to make batter. Bake quickly in buttered waffle irons and send to table hot.

Griddle Cakes.

Two cups Valier's Dainty Flour, ½ teaspoon salt, 1¾ cups sour milk or buttermilk, 1 teaspoon soda (level), 1 tablespoon melted butter, 1 tablespoon sugar

For Dainty Delicious Desserts use KNOX GELATINE.

Pecan Breakfast Muffins.

One teacupful and a half of Valier's Dainty Flour sifted dry, with a teaspoonful of Royal Baking Powder, one egg, one teaspoonful of salt, and a teacupful of milk. Beat together for five minutes; add two cupsful of rolled pecan nuts, and bake in hot gem pans. Sprinkle some of the nuts on top before baking. Those who are fond of sweets for breakfast will find these muffins delicious with marmalades.

Batter Cakes.

One cupful of Valier's Dainty Flour, ½ cupful of melted lard, 1 teaspoonful of Royal Baking Powder, ½ teaspoonful of baking soda, ½ cupful of buttermilk, 3 eggs, ¼ teaspoonful of salt. Beat the yolks of the eggs until light; then add the lard, milk, soda, baking powder, salt, flour, and the whites of the eggs beaten to a stiff froth. Mix carefully, and fry on an ungreased skillet. Serve with maple sirup.

Spoon Bread.

Scald half a cupful of cornmeal with three-quarters of a pint of boiling water; add two well-beaten eggs, half a teaspoonful of salt, half a teaspoonful of baking soda dissolved in one cupful and a half of sour milk, and one tablespoonful of melted butter. Turn into a deep buttered baking-dish and bake in a moderate oven until ready. Serve with a spoon.

Old Fashioned Rusk.

Sift twice together: 2½ cups Valier's Dainty Flour, 1 teaspoon each of cinnamon and soda, ½ teaspoon each salt, cloves and nutmeg, ½ cup butter creamed, 2 1-3 cups sugar (brown), 1 egg, 1 cup milk. Blend these all well together, stir in last a cup of raisins or dates cut into strips, bake in a moderate oven using a deep loaf pan.

Muffins.

One-third cup butter, ¼ cup sugar ¼ teaspoonful salt, 4 teaspoonsful Royal Baking Powder, 1 egg, ¾ cup milk, 2 cups Valier's Dainty Flour.

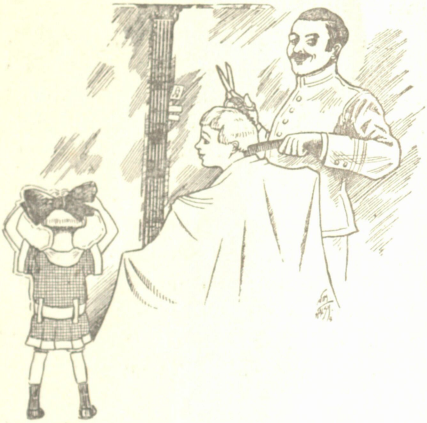
Cornmeal Muffins.

One cup cornmeal, 1 cup Valier's Dainty Flour, 1 teaspoonful soda, 1 teaspoonful salt, 1-4 cup Red Velva Syrup, 1 cup sour milk, 2 eggs, 2 tablespoonsful melted Cottolene. Sift together the cornmeal, flour and salt. Dissolve soda in sour milk, and add it to sifted ingredients. Then add molasses and beat thoroughly. Add the eggs, well beaten, and lastly the melted butter. Bake in hot, well-greased pans, in a moderately hot oven for half hour.

Plain Pastry.

One and one-half cupsful Valier's Dainty Flour, ½ cupful Cottolene, ½ teaspoonful salt, 4 to 6 tablespoonsful cold water (use level measurements). Sift flour and salt and cut Cottolene into flour with knife until finely divided. Finger tips may be used to finish blending materials. Add gradually sufficient water to make stiff paste. Water should be added sparingly and mixed with knife through dry ingredients. Form lightly and quickly with hand into dough; roll out on slightly floured board, about one-quarter inch thick. Use light motion in handling rolling-pin, and roll from center outward. Makes sufficient dough for one small pie.

KNOX GELATINE is the one dessert for all appetites.



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Popovers.

Two eggs, ¾ cup Valier's Dainty Flour, 1 cup milk, pinch salt, ¼ cup Kingsford's Cornstarch. Beat the whites of the eggs very stiff. Add them to milk, beaten up with the yolks of the eggs and the salt. Put the flour and cornstarch in a mixing bowl and stir in the liquid to make a perfectly smooth batter, then add the rest of the liquid, beating vigorously. Pour into hissing hot, well-greased popover cups and bake twenty minutes in a quick oven. Remove from cups and serve immediately, as they fall quickly.

Sour Milk Pancakes.

Sift together two cupsful of Valier's Dainty Flour, one saltspoonful of salt, one teaspoonful of baking soda, and one teaspoonful of sugar; add gradually two cupsful of sour milk or cream, beating until bubbly. Stir in one well-beaten egg, and bake on a very hot, greased griddle.

Hominy Bread.

Mash two cupsful of well-cooked hominy with one cupful of sour cream; beat in the yolks of four eggs; add one tablespoonful of melted butter, one teaspoonful of salt, half a teaspoonful of baking soda, three tablespoonsful of Valier's Dainty Flour, and the whites of the eggs beaten to a stiff froth. Pour into a well-buttered tin and bake in a quick oven.

Buckwheat Cakes.

One quart buckwheat, 1-3 cup Kingsford's Cornstarch, 1 heaping teaspoon salt, 1-3 yeast cake, 1-2 cup warm water, 1 tablespoon Velva, 1 quart warm water. Sift the dry ingredients together. Soften the yeast in the warm water, and add it and the Velva to the rest of the water. Mix with the buckwheat, beat eight minutes and rise over night. In the morning add warm water to make thin enough to pour onto the griddle. Serve with Velva

Cornmeal Flapjacks.

Mix one quart of sour milk, one teaspoonful of salt, two well-beaten eggs, one teaspoonful of baking soda, dissolved in four tablespoonsful of hot water, two tablespoonsful of melted butter, half a cupful of Valier's Dainty Flour, two tablespoonsful of molasses and enough cornmeal to make a griddle cake batter. Bake on a hot griddle, making the cakes very large.

Tea Biscuit or Short Cake Crust.

Two and one-half cups Valier's Dainty Flour, ½ cup Kingsford's Cornstarch, ¾ teaspoonful salt, 2 tablespoons lard, 2 well-rounded teaspoons Royal Baking Powder, milk to make a soft dough. Sift the dry ingredients together till thoroughly mixed. Rub in the lard with the tips of the fingers or with a fork. Cut in the milk, moistening only part at one time. When all is moistened, cut all together. Toss lightly on a floured board. Pat out about three-quarters of an inch thick and cut with a biscuit cutter. Bake twelve to fifteen minutes in a rather hot oven.

KNOX GELATINE makes dainty desserts for dainty people.

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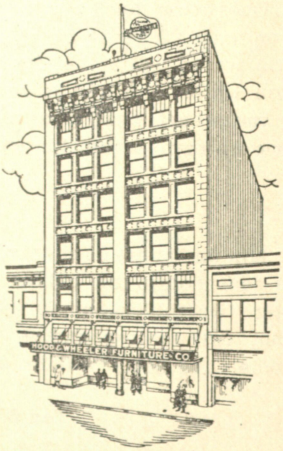
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Vegetables

Stuffed Peppers.

Cut off top of peppers and make a filling of corn, tomatoes and finely chopped ham; cook till nearly done, stuff peppers and set in oven till peppers are tender.

Potatoes au Gratin.

For 1½ quarts of cooked, diced potatoes, make this sauce: Melt 4 tablespoons of butter. Add 6 tablespoons Valier's Dainty Flour, and pour in gradually 1 pint of milk, stirring constantly. When thickened and smooth add salt and paprika, then 2-3 cup grated cheese. Fold gently into the potatoes. Put in a baking dish, cover with 1-3 cup of grated cheese, and bake quickly a light brown.

Corn Oysters.

One-half can corn, ¾ cup Valier's Dainty Flour, 1 level teaspoon Royal Baking Powder, 1 egg. Mix well and drop small portions from the end of a spoon into deep, hot Cottolene. Cook a light brown and serve hot.

Stuffed Tomatoes With Corn.

Cut off thin slice from blossom end of tomatoes and scoop out the tomato, cook this pulp with corn and season to taste, put back in tomato hulls and bake in oven for a few minutes.

Stuffed Baked Potatoes.

Twelve potatoes, 1 egg, 4 teaspoons butter, a little milk, celery seed, salt and pepper, select medium size potatoes. Bake in a moderate oven about 40 minutes; break skins on removing from the stove; cut into halves and remove the potatoes without breaking skin. Run through seive and season; stuff the skins, dot with bits of butter and bake.

Virginia Dressed Cabbage.

Take a large head of cabbage, cut in half, scoop out the center of each half to resemble thin-rined muskmelon, chop the part taken out fine as for slaw and mix same with two cups of bread crumbs, one chopped onion, two green peppers, black or cayenne pepper to taste, salt; two tablespoons of butter, a little chopped meat of some kind and sweet milk to form a stiff dressing. Now stuff back in the halves of the cabbage, bind together securely with a narrow strip of cloth string, put in a bag and in a pot of boiling water to which salt has been added. Boil three hours and then open on a dish and spread with butter.

Escalloped Corn.

Two cupsful of corn, fresh grated or canned, 2 cupsful of whole wheat or bran bread crumbs, 2 tablespoonsful of butter, 1 teaspoonful of salt, 1-8 teaspoonful of pepper, ½ cupful of milk. Brush a baking dish with butter; put half the bread crumbs in the bottom; add half the corn; sprinkle with salt and pepper; add another layer of bread crumbs, and the rest of the corn, and sprinkle the top with bread crumbs, salt and pepper. Put the butter over the top in little pieces, and pour the milk over all; bake in a moderate oven for thirty minutes.

KNOX GELATINE makes Desserts, Salads, Candies, Puddings, Ices, Etc.

A KNOX GELATINE Dessert or Salad is attractive and appetizing.

Potato Pyramid.

Rub one pound of cooked potatoes through a sieve; add four tablespoonsful of chopped boiled onion, one beaten egg, one teaspoonful of chopped parsley, one tablespoonful of cream or milk, four tablespoonsful of melted butter or drippings, and salt and pepper to taste. Mix well and place in a pyramid on a buttered tin, and heat in the oven; do not brown, but let it get quite hot; then lift on to a quite hot white dish; pour over the following sauce, and garnish with paprika, chopped parsley and sieved hard-cooked yolk of egg. Egg sauce: Melt four tablespoonsful of butter, stir in half a cupful of flour and two cupfuls of milk, bring to the boiling point, then season with salt and pepper, and cook for five minutes. Add two chopped, hard-cooked eggs, reserving one yolk for garnishing.

Potato and Onion Omelet.

A potato and onion omelet may be made by preparing a quart of mashed potato, seasoning it with three tablespoonsful of bacon fat, a teaspoonful of salt, a little pepper and half a cupful of hot milk. Add two cupsful of boiled onions, chopped fine, and beat until light, then spread smoothly in a frying-pan containing two tablespoonsful of melted bacon fat, and cook until well browned. Fold and turn on a hot platter. Serve with a garnish of salt pork or bacon.

Carrots Lyonnaise.

Cut cold parboiled carrots into slices and then into narrow strips. Put some butter into a frying-pan, add a small onion chopped fine, and cook until it begins to brown. Then add the carrots. Cook without browning for about five minutes. Season with salt and pepper, and sprinkle with finely minced parsley just before taking up. Drain well. Serve very hot.

Surprise Potatoes.

Four cupsful of mashed potatoes, ½ cupful of cold meat, ½ teaspoonful of salt, ¼ teaspoonful of nutmeg, a dash of paprika, 1 teaspoonful of onion juice, 2 tablespoonsful of parsley, 1 egg, bread crumbs. Add the salt, pepper, onion juice and half the parsley to the mashed potatoes; mix well and, if too dry, add a little cold milk. To the chopped meat add the rest of the parsley, a little salt and pepper, and mix well. Flatten out a spoonful of the potatoes and lay a teaspoonful of the meat in the center. Fold the potatoes around the meat, then form into a roll about two inches and a half long, being sure that the meat is completely covered. Roll in bread crumbs, then in egg beaten with one tablespoonful of cold milk, then in bread crumbs. Fry in deep hot fat.

Try KNOX ACIDULATED GELATINE with the Lemon Flavor enclosed.

Potato Cones.

Here is an excellent luncheon dish—potato cones—which may be made from mashed potatoes left over from the previous dinner. To two cupsful of seasoned potatoes add a well-beaten egg, two tablespoonsful of hot milk and one tablespoonful of finely chopped onion. Form the mixture into cones, sprinkle over with grated cheese, and bake in a moderate oven for fifteen minutes. Serve hot, garnished with sliced lemon, olives, and sprigs of parsley.

Scotch Potatoes.

Two cupsful of potatoes, 2 cupsful of onions, 2 tablespoonsful of butter, 2 tablespoonsful of Valier's Dainty Flour, 1 cupful of milk, 1½ teaspoonsful of salt, 1-8 teaspoonful of pepper. Wash, pare, and cut the potatoes and onions into half-inch rounds; measure and put on in a saucepan with boiling water to cover and one teaspoonful of salt; boil for from twenty-five to thirty minutes, or until tender. Drain, put into a baking dish, and cover with cream sauce; put into a hot oven, and bake for twenty-five minutes. Serve in the dish in which it is baked. To make the sauce melt the butter, add the flour and salt, mix until smooth, add the milk slowly, and boil until it thickens.

Potatoes With Bacon Curls.

One-fourth pound of very thinly sliced bacon, four cupsful of boiled and chopped potatoes, one cupful of cold milk, two teaspoonsful of salt, a little pepper, one tablespoonful of chopped parsley. Fry the bacon; remove from the pan; add the potatoes to one tablespoonful of the bacon drippings, and fry quickly, turning all the time; add a little cold milk from time to time until you have used the cupful; stir the potatoes constantly until brown but not hard; add the salt and pepper. When nice and brown shape like omelet; turn out on a dish, lay bacon over the top, and sprinkle with parsley. This is very attractive and satisfying.

Escalloped Tomatoes.

Two cupsful of tomatoes, 2 cupsful of diced bread, 1 teaspoonful of salt, a dash of paprika, 2 tablespoonsful of sugar, 2 teaspoonsful of butter. Butter an earthen dish, put into it half the bread, and cover with half the tomatoes; dust with salt, sugar and pepper; then put in the rest of the bread and tomatoes, the seasoning and butter. Put in a moderate oven, and bake for fifteen minutes.

Smothered Onions.

Four cupsful of onions pared and cut, 2 tablespoonsful of drippings, 1 teaspoonful of salt, a little pepper. Wash, pare and cut the onions into thin slices the cross way. Put the drippings into an iron or a heavy pan; add the onions; cover the pan, and put over a slow fire until the onions are tender—for about twenty minutes. Remove the cover; add the salt and pepper; increase the heat, and slightly brown. They must not be hard. Serve around beef steak or Hamburg steak, or around boiled rice.

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Look on page 62 for VELVA recipes. They are the best yet

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Browned Potatoes With Roast.

Peel, cook and mash the required quantity, adding while hot a little chopped onion, pepper and salt; form it into small oval balls and dredge them with Valier's Dainty Flour; then place around the meat about twenty minutes before it is taken from the oven. When nicely browned drain dry and serve hot with the meat.

Stuffed Egg Plant.

Egg plant, bread crumbs, onions, tomatoes, salt and pepper and butter. Cut egg plant in two, scoop out pulp with silver spoon; boil pulp a few minutes; cut fine, add crumbs, onions which have been browned in the butter, add tomatoes, add salt and pepper to taste. Refill shell, sprinkle sufrace with crumbs and bits of butter. Bake thirty or forty minutes in moderately hot oven.

Candied Sweet Potatoes With Nuts.

Peel, slice and boil two large sweet potatoes until done. Then place in baking dish, layer of potatoes, layer of sugar, layer of nuts, etc. Place in oven and bake till candied.

Baked Cabbage.

Boil the cabbage until tender, then drain and chop fine and add 2 cups of bread crumbs, one onion, green pepper, black or cayenne pepper to taste; two tablespoons butter; chopped meat of some kind is an addition. Mix all with sweet milk to make a soft dressing; put in baking dish, cover with sweet milk and bake.

Creamed Carrots.

Four cupsful of carrots scraped and cut, 2 tablespoonsful of butter or bacon drippings, 2 tablespoonsful of grated onion, 2 tablespoonsful of Valier's Dainty Flour, 1 cupful of cold milk, 2 teaspoonsful of salt, 1-8 teaspoonful of pepper, 2 tablespoonsful of finely chopped parsley. Put the carrots into a saucepan, cover with boiling water, and boil without a cover for forty-five minutes, or until tender; the water should be nearly all boiled away. Cover with sauce, mix well, and sprinkle with parsley. To make the sauce: Put the butter or drippings into a shallow pan; add the onion, cook for a few minutes, remove from the fire.

Creamed Small Onions.

Four cupsful of peeled onions, 1 cupful of milk, 2 tablespoonsful of butter, 2 tablespoonsful of Valier's Dainty Flour, 2 teaspoonsful of salt, pepper to taste. Cook the onions in boiling water for forty minutes; drain (saving the water for soup). Cover with the milk; add the salt and pepper, and bring to a boil; add the butter and flour, which have been rubbed together until smooth, and boil for three minutes. Always have the butter soft before adding the flour.

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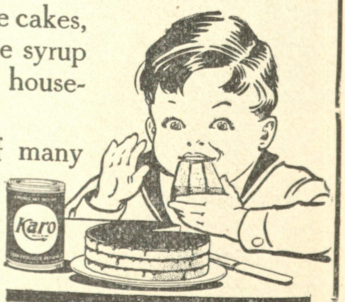

Puddings, Pies and Desserts

Marshmallow Pudding.

One-half envelope Knox Sparkling Gelatine, ¼ cup cold water, ¾ cup boiling water, 1 cup sugar, whites of 3 eggs, 1½ teaspoonsful Sauer's Pure Vanilla, macaroons. Soak gelatine in cold water five minutes, dissolve in boiling water; add sugar, and as soon as dissolved, set bowl containing mixture in pan of ice water; then add whites of eggs and vanilla and beat until mixture thickens. Turn into a shallow pan, first dipped in cold water, and let stand until thoroughly chilled. Remove from pan and cut in pieces the size and shape of marshmallows; then roll in macaroons which have been dried and rolled. Serve with sugar and cream.

English Plum Pudding.

Soak 1 pound stale bread in 1 pint hot milk; let cool, then add 1½ pounds of sugar, yolks of 8 eggs beaten to cream, 1 pound raisins, stoned and floured in Valier's Dainty Flour; 1 pound currants, washed and floured in Valier's Dainty Flour; ¼ pound citron cut in slips and floured in Valier's Dainty Flour; 1 pound beef suet, chopped fine salted; 1 glass of wine, 1 glass of brandy, 1 nutmeg and 1 pound mace, cinnamon and cloves mixed. Beat while together and add last the whites of 8 eggs beaten stiff. Put in 1 pound baking powder cans and cook in boiling water for 6 hours. Grease tins well and do not fill quite full. Heavy weights on cans will prevent their floating.

Lemon Sponge or Snow Pudding.

One envelope Knox Sparkling Gelatine, 1 cup sugar, whites of two eggs, ¾ pint cold water, ¾ pint boiling water, rind and juice of two lemons. Soak the gelatine in the cold water five minutes. Dissolve in boiling water and add grated rind and juice of the lemons and sugar. Stir until dissolved. Strain and let stand in a cool place until nearly set. Then add the whites of the eggs, well beaten, an beat the mixture until it is light and spongy. Put lightly into glass dish or shape in mold. Serve with a thin custard made of the yolks of the eggs or cream and sugar. Other fruit juices may be used, keeping the same proportions; when juice of less strength than that of lemon is used it may take the place of a part of the water. In this case the juice of one lemon to each quart of jelly will bring out the flavor of the fruit.

Cornstarch Pudding.

Three cups scalded milk, 6 level tablespoons Kingford's Cornstarch, 1-3 cup sugar, ¼ teaspoon salt, 2 eggs, 1 teaspoon Sauer's Pure Vanilla. Mix the cornstarch with a little cold milk. Stir hot milk slowly into the cornstarch and stir over water till it thickens. Cook eight minutes. Beat the eggs slightly, add the sugar and salt. Add the cornstarch mixture to the eggs, and cook, stirring constantly, one minute longer. Remove from fire—add the vanilla. Serve cold with cream and sugar. (Serves six persons.)

Send for KNOX GELATINE Receipe Book.

Send for the KNOX GELATINE recipe book.

Chocolate Plum Pudding.

One envelope Knox Sparkling Gelatine, ¾ cup cold water, 1 cup sugar, ½ teaspoonful Sauer's Pure Vanilla, 1 cup seeded raisins, ½ cup dates or figs, if desired; ¼ cup sliced citron or nuts, as preferred; ½ cup currants, 1½ squares chocolate, 1 pint milk, pinch salt. Soak the gelatine in the cold water. Put milk in double boiler. Melt chocolate; add to milk and add sugar and salt. Scald and remove from fire. Add gelatine and when it begins to set add the fruit and vanilla. Serve with the following sauce or whipped cream: Beat white of one egg stiff; add one tablespoon confectioner's sugar and one-half cup milk slowly. Flavor with vanilla.

Lemon Pudding.

Two cupsful of milk, ¾ cupful of sugar, 2 tablespoonsful of Kingsford's Cornstarch, 2 tablespoonsful of lemon juice, 1 teaspoonful of grated lemon rind, a pinch of salt, 4 tablespoonful of cake crumbs or broken crackers. Put the milk on in the top of a double boiler; add the cornstarch, which has been wet with a little cold water, the sugar and salt. Stir constantly until it thickens; set aside to cool, adding the juice and rind of lemon. Put the crumbs in the bottom of a glass bowl or in sherbet glasses, and pour over the mixture. Serve very cold.

Steamed Apple Pudding.

Four thin slices of bread, buttered, 4 cupsful of sliced apples, ½ cupful brown sugar, ¼ teaspoonful of salt, ½ teaspoonful of cinnamon, or ¼ teaspoonful of grated nutmeg. Put half the apples in the bottom of a baking dish or pudding pan; then add half the sugar, and dust with cinnamon and a little butter; then add the slices of buttered bread (only one layer of bread); the rest of the apples, the sugar, cinnamon and salt. Cover and set in a pan of boiling water for one hour, or until the apples are tender. If the pan will fit, it may be put over the pot in which the meat or vegetables are being cooked, thereby saving fuel if gas is being used, or it may be put in a moderate oven, covered, for twenty minutes. Remove the cover, and bake the pudding for twenty minutes longer, or until the apples are tender.

Date Pudding.

Two cupsful of milk, 1 cupful of stoned dates, ¼ cupful of sugar, 2 tablespoonsful of Kingsford's Cornstarch, ½ teaspoonful of salt, 1 egg. Heat the milk, and when it comes to a boil add the cornstarch, which has been mixed with a little cold milk; then add the sugar, salt, and the egg well beaten; cook for five minutes. While it is cooking wash, stone and cut the dates into thin slices; put them into a glass dish, and pour the pudding over them. Put three or four slices of dates on the top.

For Dainty Delicious Desserts use KNOX GELATINE.

KNOX GELATINE makes dainty desserts for dainty people.

Hickory-Nut Pudding.

One heaping tablespoonful of Knox Gelatine, four tablespoonsful of boiling water, one pint of hickory-nut kernels, one cupful of milk, four tablespoonsful of sugar, the yolks of two eggs, one cupful of whipping cream, one teaspoonful of Sauer's Pure Vanilla. Pound the nuts to a paste with a little white of egg. Dissolve the gelatine with the boiling water; add the milk, sugar and the yolks of the eggs, and stir over the fire until hot (they must not boil). Cool slightly; add the nut paste, rose extract and whipped cream. Decorate with nut meats.

Lemon Crumb Pudding.

Two cupsful of dry bread crumbs, 2 cupsful of hot milk, ¾ cupful of sugar, 3 tablespoonsful of lemon juice, 1 teaspoonful of grated lemon rind, 1 egg, a pinch of salt, 1 teaspoonful of butter. Put the crumbs in a bowl; pour over the hot milk; add the salt, the eggs, well beaten, the grated rind of the lemon, and the lemon juice, and mix well. Brush a baking dish with a little butter; put in the mixture, and bake for forty minutes in a slow oven. Serve plain or with a hot lemon sauce.

Duchess Pudding.

Soak one cupful of bread crumbs in two cupsful of scalded milk for twenty minutes. Add half a cupful of sugar, a quarter of a teaspoonful of salt, half a cupful of cocoa, one teaspoonful of Sauer's Pure Lemon Extract, half a cupful of chopped preserved ginger and a quarter of a cupful of chopped cocoanut. Mix well together, pour into a well-buttered pudding dish, and bake in a moderate oven for forty minutes. Turn out and decorate with whipped cream and chopped nut meats.

Cocoanut Pudding.

One cocoanut (grate it or run it through a grinder), ½ cupful of bread crumbs, ½ pint of milk, ½ cupful sugar, 1 tablespoonful of butter, 2 eggs. Soak the bread crumbs in the milk for an hour; or, if you want it quickly, pour boiling water over the crumbs, let them drain, then add the milk. Cream the sugar and butter together, the eggs well beaten but not separated. Mix all the ingredients together. Grease a baking dish with butter, put in the mixture, set the dish in a pan of hot water, bake in a moderate oven until a silver knife comes out clean. Let cool gradually, and eat when cold.

Steamed Date Pudding.

One cupful of chopped beef suet, 1 cupful of dried bread crumbs, 1 cupful of chopped dates, ½ cupful of Valier's Dainty Flour, 1 teaspoonful of salt, ½ teaspoonful of cinnamon, 1 egg. The dates are separated, washed in cold water, then scalded, and put into cold water again; it is best to wash them through two or three waters, and put them into a colander and shake until dry. Remove the stones and cut the dates fine, or put them through a coarse food chopper. To the dates add the suet, bread crumbs, flour, salt, cinnamon and just enough cold water to hold all together. Beat the egg and add it to the mixture; mix well, and put into a melon mold or a round bowl; cover, place in hot water, and let boil for two hours. Serve with lemon sauce.

Newtonia Marshmallow Cream Pie.

The whites of 3 eggs beaten stiff, ½ cup sugar. Add 2 tablespoonsful of Newtonia Cream. Beat all together till well mixed. Fill crust (which has been baked as for lemon pie); bake 5 minutes or until eggs are well set. If they are not cooked long enough eggs will settle.

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Jell-O With Fruit.

Dissolve one package of Jell-O, any flavor, in a pint of boiling water. Pour into a bowl or mold. Just as Jell-O is beginning to set, arrange in it, with the aid of a fork, sliced oranges and bananas, or peaches and strawberries, or cherries and currants, or any other fruit that may be preferred for the purpose. Be sure to use Jell-O, with the name Jell-O in big red letters on the package.

A Dainty German Pudding.

One-half cupful of sugar, 2 cupsful of milk, 4 eggs, 1 tablespoonful of Valier's Dainty Flour, ½ teaspoonful of Sauer's Pure Vanilla Extract,, a few lady fingers or pieces of sponge cake, marmalade or stewed fruit, 2 tablespoonsful of blanched and shredded almonds. Line a pudding dish with lady fingers, or with small pieces of sponge cake; put a few spoonsful of marmalade or of stewed fruit over it. Mix the sugar and flour in a saucepan, add the yolks of the eggs well beaten, with the milk, and bring to the boiling point, stirring all the time; remove from the fire and add the vanilla extract. Pour over the marmalade and cover with the whites of the eggs beaten to a stiff froth. Sprinkle a little sugar and the almonds over the top, and brown lightly in a moderate oven.

Mock Lemon Pie.

Yolks of 2 eggs, 1 cupful of sugar, 1-3 cupful of sour vinegar, 2 tablespoonsful of Valier's Dainty Flour, 1 pint of boiling water, 1 teaspoonful of butter, ½ teaspoonful Sauer's Pure Lemon Extract, whites of 2 eggs, 2 tablespoonsful of powdered sugar. Beat the butter and the egg yolks to a cream; add the sugar; dissolve the flour and vinegar together; pour boiling water slowly on the mixture; cook until thick (about ten minutes), then flavor with the lemon essence just as it finishes cooking. Beat the whites of the eggs until stiff, adding two tablespoonsful of powdered sugar, spread on top, and brown lightly in the oven.

Apple Snow With Custard.

Two cupsful of grated raw apple, ¾ cupful of granulated sugar, ½ teaspoonful of nutmeg, 2 eggs, ½ cupful of milk. To the grated apple add all but one tablespoonful of the sugar; separate the whites of eggs, and beat until dry; then fold into the apples, and add the nutmeg; put into a glass bowl. Beat the yolks of the eggs; add one tablespoonful of sugar, half a cupful of milk and a few grains of salt; put into a small saucepan and bring to the boiling point; remove; flavor to taste; cool and pour around the apple snow.

Caramel Nut Apples.

Cut firm, sound apples into eighths, and steam the muntil tender. When cool dip in a caramel sirup, and roll in chopped nut meats. To make the caramel sirup put one cupful of granulated sugar into a granite saucepan over a slow fire, and stir constantly until melted to golden brown. Dip the apples into the hot sirup. Garnish with green leaves.

Apples, Fancy Baked.

Pare and core well-shaped apples. Fill the centers with marsnmallows, chopped raisins and nut meats, and bake until tender. Put into a saucepan a quarter of a cupful of sugar and a quarter of a cupful of boiling water, stir until melted, and cook for five minutes. Cover the apples with this sauce, then roll them in chopped cocoanut. Serve surrounded with grape juice. Top them with marshmallows and candied rose leaves.

Lemon Jell-O Whip With Prunes.

(Marion Harland's Recipe.)

Dissolve one package of Lemon Jell-O in a pint of boiling water and set it aside until it begins to thicken. Then beat with an egg-beater until it reaches the consistency of whipped cream. Stir in one cup of chopped prunes, which have been stewed until very tender. Very much better if one cup of whipped cream is added. Turn into mold to harden. Add more sugar to the water in which the prunes were cooked and boil this down to a thick sirup. When cold pour it about the base of the dessert, after you have turned this out, and arrange whole prunes as a garnish. Be sure to use Jell-O with the name Jell-O in big, red letters on the package.

Orange Tapioca.

One-half cupful of orange juice, 1 cupful of sugar, 1½ cupsful of hot water, 4 tablespoonsful of powdered tapioca, 1 tablespoonful of Sauer's Pure Lemon Extract, a few grains of salt. Put the water into a saucepan; as soon as it boils add the tapioca, stirring slowly all the time; as soon as it begins to thicken add the sugar, salt and lemon juice. When it again thickens, add the orange juice and boil for three minutes. Cool. Serve in ice cream glasses or a large bowl. Serve with or without cream.

Quick Fruit Puffs With Caramel Sauce.

One cupful of Valier's Dainty Flour, two teaspoonsful of Royal Baking Powder, one-half teaspoonful of salt, one teaspoonful of melted butter, one-third of a cupful of milk, one egg, two bananas, or one cupful of fruit of choice. Sift the flour, baking powder and salt into a bowl; add the milk, the egg well beaten and mix well. Brush four custard cups with butter, put a teaspoonful of batter into each cup, then half of a banana and two teaspoonsful of the batter over the bananas. Set the cups into a pan of boiling water; cover, and steam for fifteen minutes. Turn out on individual dishes. Serve with caramel sauce.

Orange Puffs.

One cupful of Valier's Dainty Flour, 2 teaspoonsful of Royal Baking Powder, ½ teaspoonful of salt, ¼ cupful of sugar, ½ cupful of milk, 1 egg, 1 teaspoonful of butter, 1 orange, 1 teaspoonful of grated orange rind. Sift the flour, baking powder, salt and sugar into a bowl; add the milk, butter, orange rind, and the well-beaten egg. Brush four warm custard cups with butter, and put a spoonful in each. Bake in a hot oven for fifteen minues. Serve hot with orange sauce.

Caramel Sauce.

One cupful of water, 1 teaspoonful of Kingsford's Cornstarch, 1 tablespoonful of lemon juice, 2 tablespoonsful of sugar, 1 tablespoonful of caramel. Mix these ingredients as for orange sauce.

Orange Sauce.

One tablespoonful of Kingsford's Cornstarch, 2 tablespoonsful of sugar, 4 tablespoonsful of orange juice, 1 cupful of water, a pinch of salt. Boil the water; add the cornstarch, which has been wet with a little cold water; boil for five minutes; add the sugar, salt and orange juice; color with caramel.

Lemon Sauce.

One teaspoonful of lemon juice, a little grated lemon rind, a pinch of salt, 4 tablespoonsful of sugar, 2 teaspoonsful of Kingsford's Cornstarch, 1 teaspoonful of caramel. Put one cupful of water on to boil; add the cornstarch which has been wet with a little cold water; boil for two minutes; add the sugar, salt, lemon juice and rind, and the caramel. Serve over the pudding.

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Orange Pie.

Rind of 1 orange, juice of 3 oranges, 3 eggs, 2 tablespoonsful of melted butter, 1 cupful of sugar, 2 tablespoonsful of Valier's Dainty Flour. Grate the orange rind; add the strained juice of all the oranges, the yolks of the eggs, the melted butter, the sugar and the flour. Pour into a pan lined with unbaked pastry; prick to prevent blistering, and bake until it sets like a custard pie. Whip the whites of the eggs stiff. Cover the top of the pie, and put it back in the oven for a few minutes to brown.

Cynthia's Molasses Custards.

One cup each of Velva molasses, sugar and sweet milk, 3 eggs, 2 tablespoons of Valier's Dainty Flour; flavor with Sauer's Pure Vanilla or ginger. After lining pans with pastry, put bits of butter about.

Molasses Pie.

Filling, one whole egg, yolks of three, ½ cup sugar, ¼ cup butter, 2 tablespoonsful Valier's Dainty Flour, 1 cup Velva molasses, 1 cup sweet milk, tiny pinch of soda, 1 teaspoon Sauer's Pure Vanilla; line two pie plates with short pastry, pour in mixture and bake in moderate oven. Cover with meringue of whites of 3 eggs and ½ cup cugar.

Custard Pie.

Four eggs, 1 pint sweet milk, 1 heaping tablespoon Valier's Dainty Flour, 4 heaping tablespoonsful sugar, flavor with Sauer's Pure Lemon Extract. Beat the eggs just enough to blend thoroughly, then add the sugar, then the flour, and lastly the milk. Flavor to taste and bake in a raw crust until the custard is set.

Duling Apple Dumpling.

Two cups Valier's Dainty Flour, 2 teaspoonsful Royal Baking Powder, 1 teaspoonful salt, 1 tablespoonful butter, 1 tablespoonful Cottolene, 7-8 cup sweet milk, 1 teaspoonful cinnamon, 2 tablespoonsful brown sugar, 3 tart apples, chopped. Sift the flour, baking powder and salt. Work into these the butter and lard. Then make a dough, using the milk. Place on your molding board. Roll out into a sheet one-half a inch thick. Brush with melted butter and sprinkle with the brown sugar and cinnamon. Then cover with the chopped apples. Roll it up, as you would a jelly roll, and cut into twelve equal slices. Place the slices on end in a buttered pan. Pour over them the sauce and bake in a brisk oven for twenty-five minutes. Following is the

Dumpling Sauce.

One cup sugar, 1 tablespoonful butter, 1 tablespoonful Valier's Dainty Flour, ½ teaspoonful salt, 1 cup hot water, ½ lemon, sliced. Mix the sugar, flour and salt. Add butter, sliced lemon and hot water. Stir until well mixed. Cook three minutes, and then pour it over the raw dumplings.

Marshmallow Pudding.

One-half cup warm water, 1 tablespoon Knox Gelatine; add ½ cup cold water, whites of 6 eggs beaten stiff and added slowly, 1 cup sugar. One-half of mixture may be colored pink and poured on top when white is partly congealed. When congealed slice and serve with whipped cream.

#5-225-259

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Cakes

Angel Food Cake.

Whites of 8 eggs, 1 1-3 cups sugar, 1½ teaspoons Sauer's Pure Vanilla Extract, 1 cup Valier's Dainty Flour, pinch of salt, ½ teaspoon cream of tartar. Beat whites till they begin to froth. Add salt and cream of tartar. Then beat until very light. Sift the sugar and fold in. Then sift the flour seven times and fold it in. Bake 25 minutes in a moderate oven.

Angel Cake.

Nine whites of eggs, dash of salt, 1 cup sugar, 1 teaspoon almond extract, ½ teaspoon Sauer's Pure Vanilla Extract, 1 cup Valier's Dainty Flour, 1 teaspoon cream of tartar. Whip the whites to dry froth, blend sugar with them carefully to avoid breaking bubbles. Sift flour and cream of tartar 3 times; add to egg mixture; keeping frothy; add flavoring. Pour into an unbuttered tin with center tube. Bake 40 minutes in a moderate oven. Do not move cake until ready to take from the oven. Cool before frosting.

Potato Cake.

Two cups sugar, 2-3 cups butter, 2 cups Valier's Dainty Flour, ½ cup sweet milk, 1 cup hot mashed Irish potatoes, 4 eggs, 2 teaspoon Royal Baking Powder, 2-3 cup grated chocolate, 1 cup chopped nuts, 1 teaspoon each cloves, nutmeg and cinnamon. Add yolks of eggs, milk, potatoes, chocolate, Valier's Dainty Flour, Royal Baking Powder, and spices, beat and add whites and lastly nuts. Bake near an hour.

Old Fashioned Pound Cake.

Cream until very light, 1 pound of butter and 1 pound of sugar. Add 1 pound of Valier's Dainty Flour, that has been sifted several times,; add the yolks of 10 eggs, one at a time, beating each one separately; add ½ cup of cream ,then the flour, cup at a time. Beat well before adding the 10 beaten whites. Flavor with Sauer's Pure Vanilla Extract. Bake 40 minutes.

Chocolate Marshmallow Cake.

Sift one and one-half cupsful of Valier's Dainty Flour with one heaping teaspoonful of Royal Baking Powder. Cream four ounces of butter with one-half pound of sugar; add yolks of three eggs and a teaspoonful of Sauer's Pure Vanilla. Beat the whites of two eggs to a stiff froth and add them to the flour. Add one gill of milk to the creamed butter; when all is mixed, butter two cake tins, and line with paper. Pour in mixture and bake in slow oven. Filling: Boil one-fourth pound of chocolate with one-half cup of water and one cupful of sugar until it forms a thread. Add four ounces of marshmallows and stir until dissolved. Put half of this between two layers and the remainder on top. Let stand until firm.

Jam Cake.

Four eggs, 1¼ coffee cups of sugar, ¾ cups of butter, 2 cups of Valier's Dainty Flour, 1¼ cups of jam, 1 teaspoonful each of cinnamon, allspice and nutmeg; 4 tablespoonsful buttermilk, 1 light teaspoonful of soda. Mix all together and stir as little as possible. Bake in layers putting icing between.

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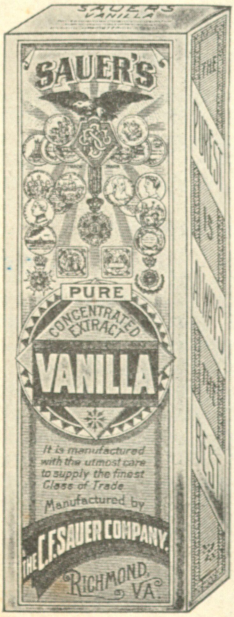
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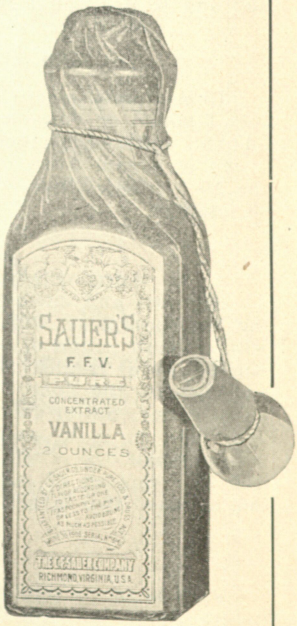
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Lady Baltimore Cake.

One cup butter, 2 cups sugar, 3½ cups Valier's Dainty Flour, 1 cup sweet milk, whites of six eggs, 2 teaspoons Royal Baking Powder, 1 teaspoon Sauer's Pure Vanilla Extract. Filling: Dissolve 3 cups granulated sugar in 1 cup boiling water, cook until spins thread from spoon, pour over the whites of 3 eggs well beaten, stirring constantly, to this add 1 cup chopped raisins, 1 cup chopped nuts, five figs cut thin.

Orange Cake.

One and one-half cup fine granulated sugar, ½ cup butter, ½ cup milk, 2¼ cups Valier Dainty Flour, 1 heaping teaspoon Royal Baking Powder, 1 tablespoon orange juice, whites of four eggs. Filling: 1 cup granulated sugar, boiled with ½ cup water, till it drops slowly from spoon; add 12 marshmallows, beat till dissolved then add 1 tablespoonful orange juice and grated rind of one, if not thick enough, when cool, set in pan boiling water and add 3 more marshmallows.

Devil's Food Cake.

One and one-half cupsful sugar, 1½ cupsful milk, ½ cake chocolate, 2 teaspoonsful Sauer's Pure Vanilla Extract, 2 eggs, 2 cupsful Valier's Dainty Flour, ½ cupful Cottolene, 1 teaspoonful baking soda, 3 tablesspoonsful boiling water, boiled frosting, ½ teaspoonful salt. Put ½ cupful of sugar into small saucepan, add chocolate and 1 cupful milk. Put on stove and stir till it boils five minutes, stirring now and then. Remove from fire, add vanilla and set aside to cool. Beat Cottolene and remainder of sugar to light cream, then add eggs, well beaten, and beat two minutes. Now add remainder of milk, soda dissolved in boiling water, flour, salt and chocolate mixture. Mix carefully and divide into two large greased and floured layer tins and bake in moderate oven twenty-five minutes. Turn to cool and put together with boiled frosting. Sufficient for two large layers.

Molasses Cake.

Four cups Valier's Dainty Flour, 4 eggs, 1 cup sugar, 1 cup Velva molasses, 2-3 cup of Cottolene, 1 cup sour milk, 1 teaspoon soda, ½ spoonful each of cloves, nutmeg, cinnamon and spice. One hour to bake.

Sponge Roll.

Six eggs beaten separately, 2 cups sugar, 2 cups Valier's Dainty Flour, ½ teaspoon of Royal Baking Powder, with pinch of salt in little cold water.

Filling for Roll.

10 tablespoons of chocolate, 2 cups sugar, 2 eggs, enough milk to mix well; stir all time.

Fruit Cake.

Cream two cupsful of butter with two cupsful of brown sugar; add five well-beaten yolks of eggs, half a cupful of sour cream, one cupful of sultana raisins, one cupful of currants, one cupful of seeded raisins, one cupful of chopped candied pineapple, one cupful of chopped nut meats, half a cupful of chopped candied citron peel, four cupsful of sifted Valier's Dainty Flour, half a teaspoonful of baking soda, one teaspoonful of grated nutmeg, two teaspoonsful of powdered ginger, half a teaspoonful of powdered cloves, one quarter of a cupful of fruit juice, two squares of grated chocolate melted in three tablespoonsful of hot water, and the whites of eggs beaten to a stiff froth. Turn into a papered cake tin and bake in a moderate oven for one hour and a half.

Orange Cake.

Three egg yolks, 2 whites eggs, 2 cups sugar, ¾ cup cold water, 3 cups Valier's Dainty Flour, 4 level teaspoons Royal Baking Powder, 1 orange juice and grated rind.

Nut Layer Cake.

Half a cupful of chopped nuts, one cupful of butter, one cupful of sugar, five eggs, one cupful and a half of Valier's Dainty Flour, two heaping tablespoonsful of Kingsford's Cornstarch, two teaspoonsful of Royal Baking Powder. Beat the butter and sugar to a cream, beat in the yolks of the eggs one by one, the whites beaten to a stiff broth, the flour, baking powder, cornstarch and nuts. Bake in three layer-cake tins, and place together with apricot jam between.

Chocolate Layer Cake.

One-half scant cup butter, 1 cup sugar, 2 eggs, ½ cup milk, 1¼ cups Valier's Dainty Flour, ¼ cup Kingsford's Cornstarch, 1½ teaspoons Royal Baking Powder, 1 teaspoon Sauer's Pure Vanilla. Sift the flour, cornstarch and baking powder together. Cream the butter and sugar together. Add the beaten eggs, the vanilla and the milk and flour alternately. Beat well and bake in layers in a moderately hot oven. Filling: ½ cup rich milk, yolks of 2 eggs, I tablespoon Kingsford's Cornstarch, 1 cup sugar, 1 square of Baker's chocolate, 1 teaspoon Sauer's Pure Vanilla. Scald the milk. Melt the chocolate over water. Beat the eggs, add the sugar and the cornstarch well mixed together. Pour on the hot milk gradually. Add the chocolate and cook, stirring constantly till it comes to the boiling point. Remove from fire and add vanilla.

George Washington Cherry Cake.

Three-fourths cup of butter, 1¾ cups sugar, 1 teaspoon Sauer's Pure Vanilla Extract, 6 eggs, whites, 3 cups Valier's Dainty Flour, 1 cup milk, 3 level teaspoons Royal Baking Powder,. Add one cup cherries cut in two or three pieces. Bake in loaf pan.

Old Fashioned Pound Cake.

Nine large eggs, 1 pound Valier's Dainty Flour (4½ cups), 2 cups sugar, ¾ pound butter. Flavor with Sauer's Pure Vanilla Extract.

White Cake

Two eggs, ¾ cups sugar, 1 cup Valier's Dainty Flour, ¼ cup butter, 1 teaspoon Royal Baking Powder, ½ cup milk. Flavor with Sauer's Pure Vanilla and Sauer's Pure Lemon Extracts.

Cake Without Milk, Butter or Eggs.

One cup molasses, two-thirds cup sugar, one cup hot water, one teaspoon soda, dissolved in the hot water ;one heaping tablespoon lard, pinch of salt, one package raisins, two and one-half cups Valier's Dainty Flour, cinnamon and allspice to taste. I often add nuts and raisins. Bake slowly. It is a fine fruit cake, and improves with time.

Use KNOX GELATINE—the two quart package.

KNOX GELATINE is economical—FOUR PINTS in each package.

A Soft, Eggless Gingerbread.

Warm together half a cupful of brown sugar, one cupful of apple jelly and a third of a cupful of butter. Remove from the fire, and add three-quarters of a cupful of sour milk and two cupsful and a half of Valier's Dainty Flour sifted with one tablespoonful each of ground ginger and cocoa, one teaspoonful of cinnamon, one heaping teaspoonful of soda and half a teasponful of salt. Mix and beat, pour into a buttered-and-floured tin, and bake in a moderate oven for thirty or forty minutes.

Soft Spice Cakes.

One-fourth cupful of shortening, ½ cupful of brown sugar, ½ cupful of Velva molasses, ½ teaspoonful each of ground cinnamon, ginger, allspice, and nutmeg. 1 teaspoonful of baking soda, ¼ teaspoonful of salt, 1-3 cupful of hot water, 1½ cupsful of Valier's Dainty Flour. Cream the shortening, sugar and molasses together; add the spices, the salt, and the baking soda, which has been dissolved in the boiling water. Sift in the flour, mix the ingredients well, and put into well-greased muffin tins or gem pans. Bake in a moderate oven for twenty minutes.

Light Doughnuts.

One cupful of thick sour cream, one cupful and three-quarters of sour milk, two eggs, one cupful of sugar, one teaspoonful of salt, one teaspoonful of baking soda, one teaspoonful of cream of tartar, grated nutmeg to taste, four drops of Sauer's Pure Lemon Extract, and Valier's Dainty Flour to make a soft dough. Beat up the eggs, add the cream, milk, sugar, salt, soda, cream of tartar, nutmeg, lemon and flour. Set the dough aside in a cool place for three hours. Then roll out and cut with a cutter. Fry in plenty of smoking-hot fat. Drain and sprinkle with sugar. The dough must be a soft one.

Ginger Gems.

Put two tablespoonsful of butter, one cupful of sugar and one cupful of molasses into a saucepan and warm slightly, but do not allow to melt; beat well for ten minutes; add two tablespoonsful of chopped preserved ginger, one teaspoonful of powdered mace, and, gradually, one cupful of sour cream. Sift one teaspoonful of baking soda with five cupsful of Valier's Dainty Flour, and sift again and add to the mixture. Fill buttered and floured gem-pans two-thirds full, and bake in a hot oven.

One Egg Cake.

One-fourth cup butter, ½ cup sugar, 1 egg, ½ cup milk, 1½ cup Valier's Dainty Flour, 1 teaspoon Royal Baking Powder, 1 teaspoon Sauer's Pure Vanilla Extract.

Cocoanut Puffs.

One and one-half cupsful of chopped cocoanut, 3 whites of eggs, 1 cupful of sugar, 1½ tablespoonsful of Kingsford's Cornstarch, ½ teaspoonful of Sauer's Pure Vanilla Extract, pinch of salt. Add the salt to the whites of eggs and beat them until very stiff, then gradually beat in the sugar and the coocanut. Put this mixture into a double boiler and cook it for twenty minutes. Remove from the fire and gradually add the cornstarch and the vanilla extract. Drop in tablespoonsful on buttered tins and bake in a modern oven until they are crisp and of a light brown color. These puffs are a delightful dainty for afternoon teas.

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Le Roy, N. Y.

Almond Cakes.

Three tablespoonsful of chopped almonds, half a teaspoonful of Sauer's Pure Lemon Extract, two eggs, two heaping tablespoonsful of sugar, two heaping tablespoonsful of butter, one tablespoonful of rice flour. Beat the butter and sugar to a cream, and beat in the yolks of the eggs; add the rice flour, lemon extract and almonds, and the whites of the eggs beaten up to a stiff froth. Divide into twelve gem pans which have been lined with pastry. Bake in a moderate oven for fifteen minutes. These are delicious covered with chocolate frosting.

Sour-Milk Johnny Cake.

Mix two tablespoonsful of butter into one cupful of cornmeal and one cupful of Valier's Dainty Flour; add half a cupful of sugar, half a teaspoonful of salt, half a teaspoonful of baking soda, two well-beaten eggs and one cupful of sour milk or cream. Turn into a buttered shallow pan, and bake in a hot oven.

Sugar Cookies.

Beat two-thirds of a cupful of butter with one cupful and a half of sugar to a cream; add one cupful and a half of sour cream or milk, sift in four cupsful of Valier's Dainty Flour, one teaspoonful of baking soda and half a teaspoonful of salt. Add more flour if necessary to make a dough to be well handled. Roll out on a floured bakingboard, cut, and bake in a hot oven. Keep the materials all cold while rolling out. By mixing the dough the night before and putting it in a cool place it will be found easy to handle.

Chocolate Crullers.

Beat three tablespoonsful of butter to a cream with half a cupful of sugar; add gradually to this the well-beaten yolks of three eggs, one cupful and a half more of sugar, one cupful of sour milk, one teaspoonful of Sauer's Pure Vanilla Extract, two ounces of chocolate grated and melted over hot water, half a teaspoonful of baking soda dissolved in one tablespoonful of hot water, the whites of eggs beaten to a stiff froth and sufficient Valier's Dainty Flour to make a soft dough. Roll out and cut with a cutter. Fry in plenty of smoking-hot fat.

Christmas Tea Cakes.

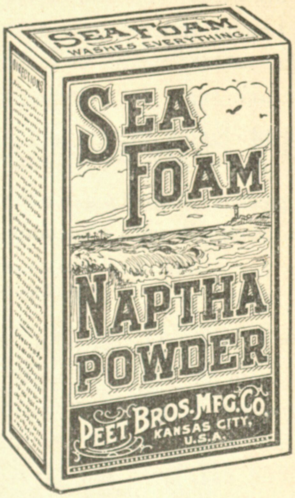
Sift two cupfuls of Valier's Dainty Flour, two teaspoonsful of Royal Baking Powder, and a pinch of salt. Rub into them one heaping tablespoonful of butter; then add three tablespoonsful of sugar, one tablespoonful of chopped citron peel and two tablespoonsful of currants. Make a soft dough with milk, and bake in muffin rings in a moderate oven for twenty minutes.

A KNOX GELATINE Dessert of Salad is attractive and appetizing.

H. D. Breeding

Architect

15 Watts Building
Birmingham, Alabama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Cold Desserts and Ices

Strawberry Mousse.

Hull two cups strawberries and put through a seive. Add half a cup of sugar. Boil together one cup water and one cup of sugar to a thread, then pour slowly over the beaten whites of three eggs. When cold add the berries and one pint of whipped cream. Add more sugar if necessary. Pack in ice and salt four hours. One-half this recipe is enough for a small family.

Charlotte Russe.

One box Knox Gelatine and pour over it one teacup boiling water and never stop stirring until all is dissolved, keeping it milk warm, have ready whites of six eggs beaten stiff, and sweeten to taste; also one pint of rich all cream, whipped and flavored; put eggs into it and stir well; then add gelatine slowly.

Apple Float.

Grate two nice apples, beat the whites of four eggs with one-half teaspoon cream of tartar, one teaspoon of Sauer's Pure Vanilla Extract; one-half cup pulverized sugar; mix and serve with whipped cream.

Almond Charlotte.

Blanch and chop one cupful of almonds. Melt three tablespoonsful of sugar in a frying pan (do not add any water), throw in the almonds, and stir until browned; then cool and pound quite fine. Put the almonds into a double boiler with one cupful and a half of milk, and heat slowly to the scalding point. Beat the yolks of three eggs and three tablespoonsful of fine sugar together; add some of the hot milk; mix and turn into the boiler, stirring until the mixture begins to thicken. Add one tablespoonful and a half of Knox Gelatine dissolved in half a cupful of boiling water. Remove from the fire, strain and cool. Add one teaspoonful ofSauer's Pure Almond Extract and two cupsful of whipped cream. Mold and decorate with wafers.

Caramel Blanc Mange.

Mix one tablespoonful and a half of Knox Gelatine with three tablespoonsful of boiling water. Cook half a cupful of sugar to a dark brown sirup; add the gelatine, together with three cupsful of cream, two tablespoonsful of sugar, a pinch of salt and one teaspoonful of Sauer's Pure Vanilla Extract. Strain into a wet mold and turn out when firm. Decorate with stars of whipped cream and preserved cherries.

The Popular Jell-O Dessert.

Dissolve one package of Jell-O, any flavor, in a pint of boiling water. Pour into a mold and put in a cold place to harden. When set turn out on a plate. Be sure to use Jell-O, with the name Jell-O in big, red letters on the package.

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Cherry Delight.

Put one heaping tablespoonful of Knox Gelatine dissolved in a little boiling water, one cupful of milk and one cupful of sugar into a saucepan and stir until dissolved. Whip two cupsfuls of cream, add the cooled gelatime mixture gradually, and macaroons, diced candied cherries, pineapple, chopped and toasted almonds in desired quantities and one teaspoonful of Sauer's Pure Vanilla Extract. Mold, and before serving decorate with cherries.

Prune Sponge

Dissolve two tablespoonsful of Knox Gelatine in one cupful and a half of boiling water, add one cupful and a half of strained prune juice, and sweeten to taste. When beginning to set whip with an egg-beater until light and foamy, then fold in one cupful of yhipped cream, and pour into a wet mold to harden. At serving time turn out on a plate and garnish with whole-cooked and stoned prunes and spoonsful of whipped cream.

Marshmallow Peach Cream.

A dainty and quickly prepared dessert may be made as follows: Whip half a pint of cream, sweeten to taste, fold in a quarter of a pound of marshmallows cut in pieces and half a cupful of canned peach pulp cut fine. Chill thoroughly and heap in a cold serving-dish between slices of peaches. Garnish with whole marshmallows. Serve with lady fingers.

Orange Sherbet.

One-half glassful of orange juice, two teaspoonsful of Knox Gelatine, one-fourth pound of sugar, one glassful of water, one-half white of one egg. Soak the gelatine in a little cold water for half an hour. Boil the sugar and water together for five minutes; add the gelatine, and stand away to cool. When cold, add the orange juice, and strain through a fine sieve. Freeze, and add the meringue. In a large quantity this recipe calls for a one-egg meringue (white of egg beaten stiff, with a spoonful of powdered sugar) to be stirred lightly into the sherbet after freezing. The above small amount is one-fourth the original recipe, but I use half an egg white, which makes it fluffier than it is supposed to be, but all the more nourishing.

Peppermint Ice Cream.

One-half pound of striped stick perpermint candy, one pint of milk, one pint of cream. Break the candy, and dissolve it in milk. Whip the cream, and, when the milk and candy are slightly frozen, add the whipped cream, and finish freezing.

The Easy Way to Make Ice Cream.

Use one quart of milk for a package of Jell-O Ice Cream Powder. Pour the contents of a package of Jell-O Ice Cream Powder in a dish. Pour on it one cup of milk and stir to a thick smooth paste to avoid lumps. Add the rest of the quart of milk, stir until thoroughly dissolved, and freeze.

Fruit Sherbet (Economical).

One-half envelope Knox Sparkling Gelatine (scant measure), one and one-half cups sugar, one orange, three cups rich milk, one lemon. Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for five minutes, and dissolve by standing in pan of hot water. Stir into the rest of the milk. When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired. This makes a large allowance for five persons.

KNOX GELATINE makes Desserts, Salads, Candy, Puddings, Ices, Etc.

Nut Frappe.

One-half envelope Knox Sparkling Gelatine, one-fourth cup cold water, one-half cup sugar, one cup pineapple and strawberries, one pint cream, white of one egg, one cup chopped nuts. Soak gelatine in the cold water five minutes and dissolve over hot water. Add dissolved gelatine to cream and sugar and stir in beaten white of egg. When cold add the pineapple and strawberries which have been chopped in small pieces; also, the chopped nuts. Serve ice cold in sherbet glasses.

Rose Punch.

One quart of water, two cupsful of sugar, one teaspoonful of rose, water, one cupful of strained honey, one quart of orange juice, one quart of lemon juice, crystallized rose leaves. Boil the sugar and water for eight minutes, then cool and add the rose water, honey, orange juice and lemon juice. Pour over shaved ice. Place a few crystallized rose petals in each glass when serving.

Angel Frappe.

One-half cupful of chopped fruit, one-half cupful of sugar, three tablespoonsful of boiling water, three tablesspoonsful of fruit sirup, one and one-

One-half cupful of whipped cream, two whites of eggs, one teaspoon Knox Gelatine, one-half cupful of cold water. Dissolve the gelatine in the boiling water. Boil the sugar and cold water until the sirup threads, then pour gradually into the stiffly beaten whites of the eggs, stirring constantly. Add the gelatine and fruit sirup, and allow to cool. Then fold in the cream and fruit. Chill and serve with fruit.

Grape Juice Sherbet.

Soak one-half envelope Knox Sparkling Gelatine in one-half cup cold water five minutes. Maye sirup by boiling one cup sugar and one and one-half cups boiling water ten minutes, and add soaked gelatine. Cool slightly and add one pint grape juice, four tablespoonsful lemon juice, one-third cup orange juice; then freeze. Serve in glasses and garnish with candied violets or fruit, if desired.

Use KNOX GELATINE—the two-quart package.

Candy

Candies Made Without Cooking.

One great secret in making the following sweets is to use the finest confectioners' sugar, which is so fine that when rubbed between the thumb and finger no grain is felt. The foundation of these delicacies is uncooked cream, which should be set in a cool place for twenty-four hours to harden before using.

Uncooked Foundation Cream. Break the white of an egg into a basin and mix with it an equal amount of liquid, either water flavored with extract, strong coffee or fruit sirup. Into this stir a pound of confectioners' sugar, adding it gradually until the mixture is sufficiently pliable to be molded with the fingers.

Cherry Creams. Slit some glace cherries in two lengthwise; mold some of the cream into small balls, press half a cherry on each side; cut some angelica into strips, to form stalks, and stick a cherry on each; the cherries may then be tied in bunches of three or four. This confection may be made up in another form by wrapping the cherries in the cream.

Neapolitan Cream Squares. Dust a board with sifted confectioners' sugar, then place on it some of the cream, and flavor with Sauer's Pure Vanilla Extract, kneading it in well. Divide into five portions; leave one portion white and color the remaining portions pink, green, yellow and chocolate. Roll out each portion the same shape. Place one on top of another. Pass a rolling-pin lightly over to make the layers adhere to each other; cut in half-inch squares with a sharp knife. Place on waxed paper to dry.

Lemon Creams. Grate the rind of a lemon into a bowl; add the strained lemon juice, a pinch of tartaric acid and sufficient sifted confectioners' sugar to mold into small balls; then press them into flat cakes.

Orange cream drops are prepared in the same way, using grated orange rind and juice instead of the lemon. The cream should be colored with orange color.

Pepperment Creams. Break the white of an egg in a bowl and add a few drops of peppermint extract. Stir into this sifted confestioners' sugar, adding it gradually until the mixture can easily be molded. Then either form it into small balls and flatten these into round, shapes, or roll it out with a rolling-pin and cut it into rounds yith a small cutter. Place the creams on waxed paper on a sieve and leave them to dry.

Walnut Delights. Flavor some almond paste with strong coffee or Sauer's Pure Vanilla Extract; form it into neat balls and press them into oval flat cakes; carefully crack some walnuts, taking care not to break the kernels; put half a walnut on each side of the cream and press them firmly into it. Dip in beaten white of egg and roll in colored sugar.

Divinity.

Four cups granulated sugar, one cup cream, one-half cup corn sirup. Boil until it will make soft ball when dropped in cold water. Add one pound chopped walnut meats. Stir until creamy and pour into buttered tins. Cut in squares.

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Pinoche.

Two and one-half cups brown sugar, one-half cup cream, one tablespoonful butter. Boil until it will form soft ball when dropped in cold water. Add one-half cup chopped almonds and one-half cup chopped walnuts. Beat until thick enough to pour. Cut in squares.

Peppermint Fudge.

Two cups of soft brown sugar, three-quarters cup of cream, and butter size of walnut give richness in extreme. Boil these till thick and creamy, and meanwhile stir it all until a bit in water dropped will form a waxy ball.

Tutti-Frutti Bars.

Two cups of granulated sugar, one-fourth cupful of milk. Boil until it forms a ball in water. Add the stiff whites of two eggs after removing from fire. Then add a mixture of chopped figs, dates, candied cherries, candied pineapple, citron, raisins. Beat until creamy, and pour into a greased mold. After several hours cut into bars and dust with powdered sugar.

Peppermint Fudge.

Two cups of soft brown sugar,
  Three-quarter cup of cream,
And butter size of walnut
  Give richness in extreme.

Boil these till thick and creamy,
  And meanwhile stir it all
Until a bit in water dropped
  Will form a waxy ball.

Taffy.

Two and one-half cups brown sugar, one-half cup butter, four tablespoonsful Velva sirup, three tablespoonsful water, two tablesspoonsful vinegar. Boil 20 minutes, add Sauer's Pure Vanilla Extract. Cool and pull.

Marshmallows.

One envelope Knox Sparkling Gelatine, one and one-fourth cups water, two cups fine granulated sugar, few grains salt, one teaspoonful Sauer's Pure Vanilla Extract. Soak gelatine in one-half the water five minutes. Put remaining water and sugar in saucepan, bring to the boiling point and let boil until sirup will spin a thread when dropped from the tip of spoon. Add soaked gelatine and let stand until partially cooled; then add salt and flavoring. Beat until mixture becomes white an thick. Pour into granite pans, thickly dusted with powdered sugar, having mixture one inch in depth. Let stand in a cool place until thoroughly chilled. Turn on a board, cut in cubes and roll in powdered sugar. This recipe makes about one hundred marshmallows. Nuts, chocolate, fruit juices in place of part of the water, or candied fruits chopped may be added—or the plain ones rolled in grated cocoanut before being sugared. Dates stuffed with this confection are delicious.

French Dainties.

Two envelopes Knox Acidulated Gelatine, four cups granulated sugar, one and one-half cups boiling water, one cup cold water. Soak the gelatine in the cold water five minutes. Add the boiling water. When dissolved add the sugar and boil slowly for 15 minutes. Divide into two equal parts. When somewhat cooled add to one part one-half teaspoonful of the lemon flavor found in separate envelope, dissolved in one tablespoonful water, and one tablespoonful lemon extract. To the other part add one tablespoonful brandy, if desired, one-half teaspoonful extract of cloves, and color with the pink color. Poul into shallow tins that have been dipped in cold water. Let stand over night, turn out and cut into squares. Roll in fine granulated or powdered sugar and let stand to crystallize. Vary by using different flavors and colors, and adding chopped nuts, dates or figs.

Cocoanut Cream Candy.

One and one-half cups sugar, one-half cup milk, two teaspoons butter, one-third cup shredded cocoanut, one-half teaspoon Sauer's Pure Vanilla Extract. Put butter into saucepan; when melted add sugar and milk, and stir until sugar is dissolved. Heat to boiling point, and boil twelve minutes; remove from fire; add cocoanut and vanilla, and beat until creamy and mixture begins to sugar slightly around the ege of saucepan. Pour at once into a buttered pan, cool slightly, and mark in squares. One-half cup nut meat, broken in pieces may be used in place of cocoanut.

Sea Foam Fudge (Chocolate).

One cup light brown sugar, one-half cup water, one-third cup grated chocolate. Boil without stirring until it spins a thread from point of spoon. Have beaten stiff the white of an egg; pour boiling mixture upon it, and stir till it begins to thicken. Pour into a greased pan and cut into squares.

Mint Paste.

One and one-half envelopes Knox Sparkling Gelatine, two cups sugar, two tablespoonsful lemon juice, green coloring, four tablespoonsful creme de menthe, few grains salt. Soak gelatine in two-thirds cup cold water ten minutes. Put sugar and two-thirds cup water in saucepan, bring to the boiling point, add soaked gelatine and let boil twenty minutes. Remove from fire, add remaining ingredients and color green. Turn into a pan (first rinsed in cold water) to one inch in thickness. When set, remove to board, cut in cubes and roll in powdered sugar.

Candied Grapefruit or Orange Straws.

Wash the outside of the grapefruit. Cut the fruit into halves crosswise, and remove the pulp in the usual manner to serve in glass cups. Cut the skin into halves and pull off all membrane without disturbing the white part of the rind. Cut the rind into strips with the scissors. The strips should be about a quarter of an inch wide. With the fruit prepared take enough cold water to cover the peel. To two quarts add a quarter of a cupful of salt. Pour this over the peel, and let it stand for twenty-four hours. Drain and rinse in cold water, and cook with a fresh supply of water. Drain and renew the water. Let it cook for from four to five hours or until the peel is tender. Take the weight of the peel in sugar, and one-half the weight in the water in which the peel was cooked, if not too salt. Boil to a sirup; add the peel, and let it simmer until the sirup is almost absorbed. Set aside to cool in the sirup. Reheat a little, and remove with a silver fork to a plate of granulated sugar. These straws will curl when cold.

Give Growing Children KNOX GELATINE.

Pickles and Preserves

Chili Sauce.

Twenty-four large tomatoes, four green peppers, six large onions, two tablespoons ginger, one tablespoon black pepper, four tablespoons salt, six tablespoons sugar, three tablespoons cinnamon, one tablespoon of mustard and six cups of vinegar. Cook until thoroughly done.

Chow-Chow.

Six pints of chopped cabbage, one quart of chopped onions, two tablespoons white mustard seed, two tablespoons celery seed, two tablespoons of salt, two tablespoons mustard, two tablespoons cinnamon, two cups sugar, three green peppers. Cover with good vinegar and boil 20 minutes or until it turns yellow. Seal while hot.

Cucumber Chow-Chow.

Three quarts of chopped seeded cucumbers, one and one-half quarts of chopped onions, one and one-half pints of chopped green peppers, six teaspoonsful of celery seed, one and one-fourth teaspoonsful of white pepper, salt, vinegar to cover. Combine the cucumber, onion and peppers, and sprinkle them sparingly with salt. About two tablespoonsful and a half will be sufficient. Cover and let stand overnight in a cool place. In the morning add the celery seed and the pepper, together with vinegar to cover and store. This should not be cooked. A head of celery or two cupsful of finely shredded cabbage may be added if desired.

Watermelon Rind Pickle.

Eight pounds of watermelon rind, cut in little cubes, four pounds of sugar, one quart of vinegar, two tablespoonsful of ground cinnamon, one tablespoonful of allspice, two tablespoonsful of whole cloves. Pare the rinds, and cut off the pink inside; then weigh eight pounds and put it into a porcelain-lined preserving pan, and cover with boiling water; then set on the back of the stove and simmer until quite tender, having it closely covered all the time. It will require about three hours. When done have ready the sirup made of the vinegar, sugar and spices. Tie the ground spices in a muslin bag, and put the whole cloves in loose. These ingredients will make four quarts of excellent pickle that is inexpensive and fine to serve with meats.

Sweet Pickled Vegetables.

Two and one-half cupsful of moderate strong vinegar, one-half cupful of sugar, two small bay leaves, one-half teaspoonful of whole cloves, grating of lemon rind, one inch of stick cinnamon. Boil together for twenty minutes; add two cupsful or more of cooked shredded carrots, being sure that the vinegar covers them; or substitute cooked cauliflower, separated from the flowerets, Brussels sprouts, sliced, cooked beets, or cooked string beans. If desired this can be made into a mixed vegetable pickle. It is always advisable to let the vegetables simmer for five minutes in the pickle. If beets are used thinly sliced onions and a little caraway seed mad be added.

Try the KNOX GELATINE recipes found in this book.

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Strawberry and Cranberry Conserve.

One quart of cranberries, one pint of sugar, one-half pint of water. As a change from the regulation cranberry jelly or sauce this combination of cranberry with strawberry will be found appetizing. Cover and cook for ten minutes; then skim, and add to the cranberry one cupful of strawberry jam. Mix well; then pour into a mold and let stand until cool and set.

Ginger Pears.

Ten pounds of pears, seven pounds of sugar, four lemons, six oranges, one box of crystallized ginger. Peel the pears, cut them into small pieces, put them into a preserving pan with the sugar, and cook slowly for one hour. Add the lemons, oranges and crystallized ginger cut into small pieces, and allow to simmer for three hours. Divide into glasses and cover.

Crab Apple and Pineapple Jelly.

One peck of crab apples, two pineapples, equal parts of sugar. A delicately flavored jelly is made by adding one or two cut and peeled pineapples to every peck of crap apples, and equal parts of sugar to the cooked and strained juice of the fruit. Make the same as other jelly.

Yellow Tomato Preserves.

Two pounds of ripe yellow tomatoes, peeled; 2 cupsful of granulated sugar, juice and rind of one lemon, two tablespoonsful of green ginger root. Add the sugar, lemon juice, lemon rind and ginger root, chopped fine, to the tomatoes. Let stand over night and in the morning cook slowly until the tomatoes are soft. Pour, boiling hot, into sterilized jars and seal as usual. Two pounds of tomatoes makes a little more than a pint jar of preserve. The skin may be removed from the ginger root with boiling water.

Pineapple Jelly.

One envelope Knox Sparkling Gelatine, two cups cold water, one and one-half cups pineapple juice (scalded), two tablespoonsful lemon juice, three-fourth cup sugar. Soak gelatin in one cup cold water five minutes. Heat pineapple juice, mixed with remaining water, to boiling point and pour over soaked gelatine; then add sugar and lemon juice. Turn into a mold dipped in cold water, and when begining to set mold in slices of cooked pineapple, fresh raspberries or strawberries. Note: Fresh pineapple fruit or juice must first be scalded, or the jelly will not harden.

Tomato Butter.

To each two quarts of stewed ripe tomatoes, which have been peeled before cooking, allow four cupsful of light brown sugar and two teaspoonsful each of ground cloves and cinnamon. Stew very slowly until the mixture is very thick, like apple butter, and then store in a stone crock. The seeds may be sifted out if desired. Two quarts of stewed tomato will make four glasses, or a pint and a half.

Chili Sauce.

Two dozen ripe tomatoes, one dozen green peppers of the long, hot kind, not bell peppers, six onions. Skin tomatoes and chop or grind in meat chopper. Put on to boil with seven tablespoons of salt, eight tablespoons of brown sugar, one tablespoon of black pepper. Take seed out of six peppers and let them stay in six. When boiled one hour put in one tablespoon full of celery seed and one quart of vinegar. Seal air tight.

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Blackberry Acid.

Cover two gallons berries with two gallons boiling water, allow to stand for 24 hours, press and strain. Then add to every three pints of juice two pounds of white sugar and add to the entire liquid, 5 ounces of tartaric acid, allow this to stand eight hours, and then bottle and cork well. Serve one-third glass of acid with two-thirds glass of crushed ice.

Mint Chutney.

One handful of mint, one cupful of seeded raisins, two tablespoonsful of sugar, two tablespoonsful of tomato catsup, one-half teaspoonful of salt. Chop the mint fine, then mix it with the other ingredients until it becomes juicy. Serve in a little sauce boat.

Apple Chutney.

Five pounds of apples, when peeled and cored; one pint of vinegar, one pound of sultana raisins, one pound of onions, two ounces of mustard seed, two ounces of salt, one ounce of curry powder, one-fourth ounce of cayenne pepper, three-fourths pound of yellow sugar. Stew the apples and onions in the vinegar until well cooked and tender; then chop the Sultana raisins and add them, then all the other ingredients. Mix well, and boil for half an hour. When cold it is ready for use and makes a pleasant change with cold meats instead of pickle.

Chutney Sauce.

Eighteen apples, eighteen ripe tomatoes, six green peppers, eighteen small onions, one and one-fourth cupsful of seeded raisins, three cupsful of vinegar, three cupsful of granulated sugar, two tablespoonsful of ground ginger, two tablespoonsful of salt, one-half teaspoonful of cayenne pepper, juice of five lemons. Peel the tomatoes, pare the apples and onions and remove the seeds from the peppers. Chop finely all together; add the other ingredients in the order given, and simmer until thick or for about three hours. Store as usual. This quantity will fill seven pint jars.

Tomato Sause.

One can tomatoes, one stalk celery, one small onion, sliced; two sprigs parsley, one bay leaf; two tablespoonsful butter, two tablespoonsful Valier's Dainty Flour; one teaspoonful beef extract, salt and pepper. Cook the tomatoes, celery, onion, parsley and bay leaf twenty-five minutes, strain and return to the double boiler. Cream butter and flour together, and add them to the previous mixture, then add the beef extract and salt and pepper to taste. It is then ready to serve. If thicker than desired, thin with boiling water.

Apple Marmalade.

To make apple marmalade pare, quarter, core and slice enough apples to make four pounds. Wash three lemons, and slice them very thinly; add them to the apples, with one quart of water. Cook until the apple is soft, press through a colander, and measure; add an equal amount of sugar and one cupful and a half of blanched almonds cut into pieces. Stir and cook until thick like jelly. Pour into glasses, and, when cold, seal. Apricots, pineapple and lemon make a marmalade which the college girl aptly defined as a "delectable conglomerate of good things."

Marmalade.

Another extremely good marmalade calls for four pounds of pears, four lemons and a can of grated pineapple. Peel and core the pears, cook, in enough water to prevent them from burning, until red and quite soft. Rub through a colander. Peel the lemons, shred the yellow rind, and cut the pulp small; add all, with the pineapple, to the pears, with an equal measure of sugar. Cook for one hour. This is improved by adding blanched shredded almonds. Let the mixture cook for ten minutes longer.

How to Preserve a Husband.

First get one. Not too young, but tender and a healthy growth. Make your selection carefully and let it be final. Otherwise they will not keep. Like wine, they improve with age. Do not pickle or put in hot water. This makes them sour. Prepare as follows: Sweeten with smiles according to variety. The sour, bitter kind are improved by a pinch of salt of common sense. Spice with patience. Wrap well in a mantle of charity. Preserve over a good fire of steady devotion. Serve with peaches and cream. The poorest varieties may be improved by this process and kept for years in any climate.

Red Velva Recipes

Red Velva Soft Gingerbread

One cupful Red Velva Syrup, two cupsful Valier's Dainty Flour, one cupful boiling water, two teaspoonsful Royal Baking Powder, three tablespoonsful melted Cottolene, one-fourth teaspoonful salt, one-fourth teaspoonful powdered cloves, one-half teaspoonful powdered cinnamon, one teaspoonful powdered ginger. Put the syrup into a basin, add the spices, salt and Cottolene. Stir well together, then add the boiling water, the flour and baking powder. Mix and pour one inch deep in a well buttered and ffoured pan and bake till ready in a moderate oven.

Red Velva Layer Cake

One cupful Red Velva Syrup, two cupsful Valier's Dainty Flour, one-half cupful butter, one-half cupful milk, two teaspoonsful Royal Baking Powder, one teaspoonful Sauer's Pure Lemon Extract, two egg yolks, Red Velva frosting. Rub the butter finely ino he flour, hen add he baking powder. Beat up the yolks of the eggs, add the syrup, lemon extract and milk to them; pour among the flour and mix well, then divide into two buttered and floured layer cake tins. Bake in a moderate oven for half an hour. When cool make the frosting and put between the layers and over the top. Decorate with cherries or glace fruits.

Red Velva Griddle Cakes.

Three tablespoonsful Red Velva Syrup, two cupsful Valier's Dainty Flour, one-half teaspoonful salt, one-half teaspoonful baking soda, one teaspoonful cream of tartar, two eggs, one cupful milk. Sift the flour into a basin, add the salt, soda and cream of tartar. Beat up the eggs, add the syrup and milk to them; then pour them among the flour and mix well. Drop in spoonsful on a hot greased griddle. Serve hot with Red Velva Syrup.

Molasses Candy.

One cup of Velva molasses; one cup of sugar, tablespoon of vinegar. Butter size of an egg; mix well and boil until it forms in a hard ball when dropped ino cold water, after removing from fire, add one-half teaspoon of soda, stirring well, then pour out into buttered platter and pull when cool.

KNOX GELATINE is the one dessert for all appetites.

A FROZEN DINNER.

A Midsummer Meal Served Without Cooking.

Chilled Pineapple Bouillon
Asparagus a la Vinaigrette Potato Chips
Vegetable-Aspic Salad.
Frozen-Apricot Pudding
Iced Coffee.
Cheese Crackers

Fruit Bouillons.

Fruit bouillons are little known in this country, but are exceedingly popular abroad. Properly speaking they are soups rather than bouillons, but the latter term is applied to them by courtesy from the fact that they are usually served in cups.

Pineapple Bouillon

Add to a quart of boiling water the juice of two lemons and the grated pulp of one pineapple (canned fruit also may be used with good results). Sweeten to taste, let simmer for five minutes and strain through cheesecloth. Thicken slightly with arrowroot. Serve very cold with a few pieces of diced pineapple in each cup.

Jellied Chicken

Joint and boil a chicken, together with a shinbone of veal. Remove the meat from the bones in rather large pieces and season with salt and pepper while warm. Reduce the liquid to one quart by boiling, and set aside until it begins to thicken. Then dip a mold in cold water, wipe and line with jelly. Set on the ice a short time to harden (coating may be applied in sections if necessary). Then arrange in the bottom of the mold an ornamental design composed of sliced hard-boiled egg and cold vegetables, such as carrots and green peppers cut in fancy shapes, peas, etc. Pour in just enough liquid jelly to hold this in place, and harden. Then fill the mold with chicken interspersed, if desired, with mushrooms, bits of truffle and hard-boiled egg, and pour in as much jelly as it will hold. Keep on the ice until ready to serve.

Asparagus a la Vinaigrette.

This is simply cold boiled asparagus served with a dressing composed of one part of vinegar to three parts of olive oil, with salt and paprika to taste. A few drops of onion juice may be added. Pretty color effect can be produced by serving to each person half a dozen stalks of asparagus passed through a ring cut from red pepper. Canned asparagus tips may be substituted for the fresh vegetable.

Vegetable-Aspic Salad

Stew four or five large tomatoes with one small onion, chopped, a bay leaf, one tablespoonful of sugar and half as much sharp vinegar. Season with salt, celery salt, paprika and a pinch of mixed spice. Strain, and for every three cupsful add half a package of soaked Knox Gelatine. Add one cupful each of diced cucumber, slivered celery and cold boiled string beans cut in short lengths. Pour into cups to harden, then turn out. Serve with mayonnaise.

Cold Salmon.

Serve to each person a thick slice of cold boiled salmon in a border composed of the heart leaves of lettuce alternating with quarters of hard-boiled egg. Pass the sauce separately.

Frozen-Apricot Pudding.

Make a custard of one pint and a half milk, the yolks of eight eggs, one ounce of sugar and a pinch of salt. Strain through cheesecloth and add four ounces of chopped almonds and two of apricot marmalade. When cold mix thoroughly with half a pint of cream whipped very stiff and four ounces of crumbled macaroons. Put into a mold with a little marmalade hidden in the center, and freeze. Garnish with blanched almonds and whole macaroons.

Iced Coffee.

Into one quart of hot, strong coffee, stir half a pint of scalding mil
Sweeten to taste and cool. Serve with whipped cream on top, in g
one-third full of shaved ice.

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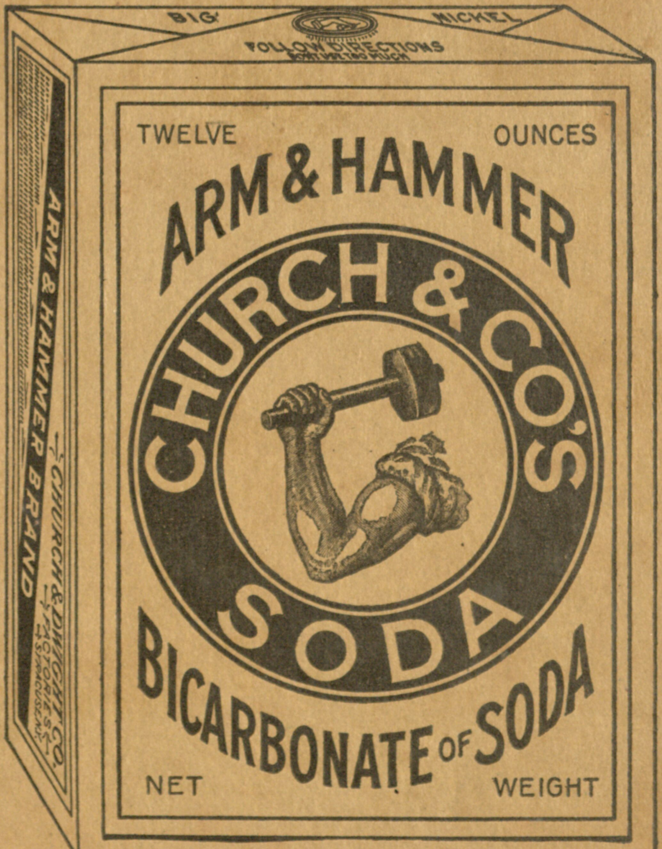
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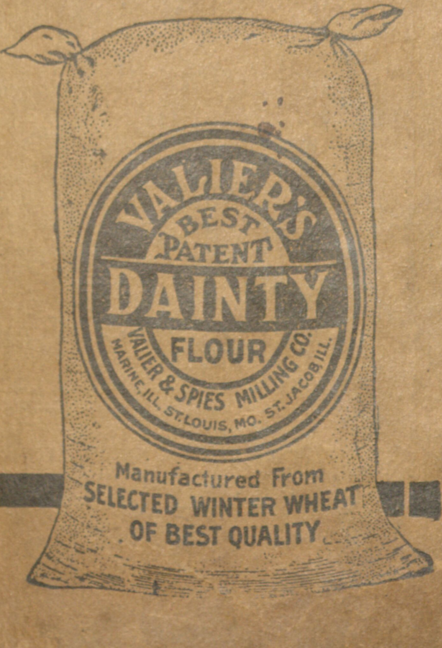
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